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MANUAL

OF

HEALTH:



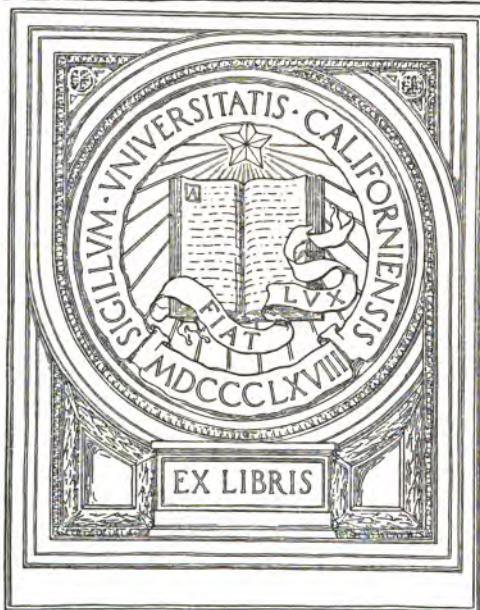
"Love us, (since life can little more supply
 Than not to look about us and to die.)
 Happiness free o'er all the world of man;
 A world, mixed but not without a plan;
 A wild, white weeds and flowers unnumbered shoot;
 Or garden, ramping with forbidden fruit.
 Together let us tread this ample field,
 Try what the open, wild the covert yield;
 Eye Nature's walks"——

Poet.

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 No. 214 BROADWAY,
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1851.

MEDICAL SCHOOL
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COLLEGE OF PHARMACY

THE
G r a e f e n b e r g
M A N U A L
OF
H E A L T H :



"LET us, (since life can little more supply
Than just to look about us and to die,)
Expatriate free o'er all this scene of man ;
A mighty maze ! but not without a plan ;
A wild, where weeds and flowers promiscuous shoot ;
Or garden, tempting with forbidden fruit.
Together let us beat this ample field,
Try what the open, what the covert yield ;
Eye Nature's walks"——

Pork.

TWELFTH EDITION.

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1851.

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PREFACE.

"And surely your blood of your lives will I require: at the hand of every beast will I require it: and at the hand of man, and at the hand of every man's brother will I require the life of man."—GENESIS IX. 5.

IN our early days, nothing made so vivid an impression upon our young mind as the perusal of the account of the last hours of the Father of his country, GEORGE WASHINGTON. About the middle of December, 1799, after taking a walk in his beautiful garden at Mount Vernon, he got wet, and found himself attacked with the quinsy sore-throat—a disease we now know, under proper treatment, to be by no means dangerous. In Virginia, at that time, physicians were not so numerous as at present, and it was frequently necessary to send many miles for the services of one. But as bleeding was considered indispensable in pretty much all diseases, a set of men were scattered around among the people who, though absolutely ignorant of medicine, had the requisite skill for opening a vein. These were called *bleeders*.* One of them was sent for, who copiously

* In former days, in Spain (the country of Sangrado) and other countries, the residence of a bleeder was indicated by a pole, on the top of which were suspended bandages, some of them bloody, placed in front of the door. Finally, the business was monopolized by the barbers, on whose signal-poles the stripes of white and red are intended to represent the bandages. The custom is continued by the barbers to this day in Philadelphia, where the practice was introduced by Dr. Rush, who gathered it from a paper presented him by Dr. Franklin, which the latter had received in Paris from a French physician, who is known to be the identical individual satirised by Le Sage, under the name of Sangrado.

bled the General; when a messenger was despatched for a physician. It does not appear that the medical knowledge of the latter was one whit superior to that of the bleeder himself. For, finding the first bleeding of no service, he directed the bleeding to be repeated, and varied the treatment by the application of leeches. In the afternoon, the General was reclining on a sofa, evidently sinking. A proposition to take more blood was made, when the General waved away his attendants with his hand, saying, with great earnestness, "*No more experiments, gentlemen—for God's sake leave me, and let me die in peace!*" These, we believe, were his last words. In twenty-four hours from the commencement of the attack, the patriot-hero slept with his fathers. The nation was electrified by the suddenness of the shock. All deplored the event, though few could detect the professional ignorance which occasioned it. The philosophic mind, however, of the then Vice-President, THOMAS JEFFERSON, who had been his Secretary of State, measurably penetrated the gloom; and he has left on record, in words of fire, his censure of the condition of the healing art, which entitles him to be considered the apostle, not only of the political, but of the medical liberty of his country.

As we have said, our young mind was severely exercised by the perusal of the melancholy tragedy. We asked ourselves, why should such things be? Though our advantages of education were slender, we found ourselves frequently pondering upon the subject. This bias had a powerful influence upon our life. Medical books, the society of intelligent medical men (when we could find them), became a passion with us. It would take more time than is worth while, to detail how we advanced step by step in medical knowledge, until associating with ourselves men of enlarged views and means, we were at last enabled to obtain the incorporation of the GRAEFENBERG COMPANY; which but a grain of mustard seed at first, now overspreads the country, and permits the fowls of the air to repose in its branches.

In our investigations, if we know ourselves, we have been actuated by no other than the most hopeful, the most benevolent intentions. In the

words of the Roman poet :—**MEN OURSELVES, WE FEEL FOR ALL MANKIND.** Even in our censures, we have sought to temper justice with mercy ; and our chastisements have been inflicted more in sorrow than in anger. The mother would be recreant to her duty, who, to spare herself a pang, would suffer an erring child to go uncorrected.

The science of medicine is the offspring of philosophy, and of course its growth and improvement must keep pace with the discoveries that are made in the physical world. Art frequently begins, and arrives at its perfection in a single age, country, or individual. Homer, though the first, or father, by just pre-eminence, is still the Prince of Poets. In sculpture, Phidias bears the palm ; and in painting, Raphael, who imitated nature, is still inimitable. To these, succeeding artists may look up with respect and admiration, and consider themselves supremely happy in the ability to accomplish a slight and imperfect imitation of their beauties. Not so with science : unlimited, as the immensity of space, are the objects of her investigation ; and infinite as the omniscience of the Divine mind, is the *ultimatum* of her perfection.

Freedom of opinion is our inalienable right ; and in this land of liberty, may tyranny never raise its pernicious head and establish its dominion. Perish the despotism that would bend the mind to the domineering power of arbitrary sway, or seek to rule the sentiments of mankind by any other means than strength of reason and force of argument.

But lo ! our trim-built barque, the **GRAEFENBERG MANUAL OF HEALTH**, laden with a rich cargo of goodly wares, sits in the harbor. Word is sent to us :—

————— “ aboard ! aboard !
The wind sits in the shoulder of your sail,
And you are staid for ! ”

Let us obey the summons, weigh anchor, and put to sea.

Dedication.

*To the friends of Reform and Humanity,
throughout the United States ; to Parents and
the heads of Families, this humble effort to allevi-
ate suffering, to assuage pain, and mitigate and
curtail the pangs of disease.*

Is respectfully inscribed

By their faithful servants,

The Graefenberg Company,

New York.

MANUAL OF HEALTH.

PART I.

PHYSICAL science, like every other process comprised within the circle of the human intellect, has ever been the subject of great and, not unfrequently, sudden changes. Opinion, so often linked more closely with the imagination than the reason, again and again decrees that to be folly which had been deemed wisdom, awed by the magnitude of a name, or swayed by the wind of interested prejudice, or over-weening vanity. To question the moral influence of the stars as a part of the science of astronomy, has been, ere now, a madness: to assert that the earth revolves around the sun has been stamped and punished as a heresy; and there was a period when the "philosopher's stone" was held a legitimate and attainable aim of chemistry.

If, however, revolutions of opinion take place in regard to the laws and quality of individual portions of the universe, if astronomy and chemistry have had their varied applications founded on the varied ideas concerning their laws, much more may be said in the same strain of the science which proposes to investigate the operations of the human frame in health and disease, and of the art which pretends to maintain it in the one state and redeem it from the other. For, whilst gravitation and chemical affinity are ascertained powers, in the development of whose laws the progress of astronomy and chemistry consists, the investigators of physiological and medical

science are not yet agreed, nor are they ever likely to be agreed, as to the property by virtue of which a human body "lives, and moves, and has its being;" whether Life be an essence superadded to, or synonymous with, the material organism whose acts it is their province to elucidate.

In Physiology this outsetting difficulty is farther enhanced by the consideration of the myriad agencies, material and spiritual, which play their part in producing the processes of the vitally endowed machine:—the minute shades of electric influence, of light and heat, of air and aliment, of sound and objects of sight, of smell and subjects of touch, and, "last not least," of the mind, at once the despot and the slave of its crumbling envelop, the body. Nothing but that divine spark within us, which kindles the desire of knowledge, and lightens the oftentimes darkened path of the student of physical science, could ever afford the necessary courage to face the array of obstacles in the way of his attainment of that portion of it which includes the phenomena of its vitality, if his aim is to seek the truth, and not the corroboration of speculative opinions. That these last have always abounded in Physiology, is not therefore so much to be wondered at. The constantly broken chain of facts made similar breaks in that of causality, and loose analogies or imperfect inductions were too tempting, in the dearth of stronger concatenations, not to be seized upon, and erected into irrefragable dogmas. From HERMES TRISMEGISTUS, and his idea of the nature of Life, down to the end of the seventeenth century, when WHYTT and the Vitalists flourished, we accordingly find all kinds of speculations, advanced as inevitable truths, touching the functions of the living body, some of them ingenious, most of them extravagant, and none of them deduced from experiments.

But, if out of the difficulties of the subject hypotheses spring, the case will not be altered for the better, when the cause of disease is proposed for inquiry, in addition to that of health. To reason on the state constituting the former, it is necessary to have some previously settled notions as to the latter: and be-

tween the two there is amply sufficient stimulus for the exercise of the imagination. This faculty, however, has been still more largely drawn upon in the explanation of disease than in that of health. And it is lamentable to consider how much ingenuity of mind has been expended in the complication of a science, wherein the facts are so numerous, and the inferences so few, and wherein, therefore, the indications are so simple, when, as an art, it is applied to the prevention and cure of disease. Not that the propounders of doctrines of disease have always employed a treatment consistent with them, though such has been the fact in the majority of instances; but the few who have failed to do so are the more flagrant examples of the irresistible tendency towards hypotheis, which has been the besetting evil of medical science in all periods of its history. In this respect the Empirical Sect of old are amenable to the same remark as the Dogmatists: each had their speculations on the causes of disease, though the Dogmatists alone attempted to theorize on the *mode of action* of their remedies. This obtains equally among those in modern times who profess to be guided by theory, and those who arrogate to themselves the title of "practical men." To determine on the relative merits of the numerous doctrines that have been held concerning these causes would be a wasteful expenditure of time and space. But to give a sketch of the most prominent theories of disease that have brought about revolutions of medical opinion may be useful, if only to contrast them with the few and simple notions that mark the new doctrine which will be set forth in these pages. But, as the advocacy of an eclectic manner of treating disease constitutes the genuine object of the publication, the sketch spoken of can only be viewed as preliminary, and given in the form of an introduction.

The theory of HIPPOCRATES the father of medicine, and (the first whose systematized ideas we are in possession of) concerning the causes of disease may be thus stated. The four *elements* of all bodies are fire, water, air, and earth: and their *qualities* are heat, cold, humidity, and dryness. The combination of

these produced the four *Humours* to be presently mentioned; and these again produced four *Temperaments*. In the human body, there are three principal agencies, "the containing, the contained, and the moving;" represented by the Solids, the Fluids, and the Spirits. The Solids are readily known, and need not be enumerated. The Fluids are *blood*, *pituita* or *phlegm*, *yellow bile*, and *black bile*. So long as these humours remain in their natural condition, and in due proportions with reference to their quantity, their qualities and intermixture, health is the result. On the other hand, disease supervenes whenever any of them is diminished or augmented in quantity, or when it is separated from the others in a portion of the body; and whenever they are all at fault in quality, and are not properly mixed together. This is the only definition of disease given by HIPPOCRATES, if we except the too general one, when he says, that, "whatever distresses a man" is disease. In another place, however, he speaks of the Spirits as the actual causes of disease, and of the humours as only aiding in its production: on which he doubtlessly bases the synonym of the Spirits, or moving powers. He gave full credit to external agents also,—to air, to food, and so forth. The solids are with him only secondarily affected. "When," says he, "any one of the humours separates from the others, the part which it has left must of necessity be attacked by disease: and likewise the part to which it has flowed too copiously will be pained and diseased." Regarding the different diseases, he only says, "The differences of diseases depend on the food, the spirits, heat, blood, pituita, and all the humours; as also on the flesh, the fat, vein, artery, nerve, muscle, membrane, bone, brain, spinal marrow, the mouth, tongue, stomach, intestines, &c. &c."

A disease having commenced, HIPPOCRATES led another agent into the arena, his *phusis* or nature; an agent whose office it was to bring the humours back to their pristine state of health by several means, but more especially by their concoction. Arrived at this condition, the humours either spontaneously give

out whatever is superfluous and deleterious, or they are readily purged of such by remedial means. In either case, a *crisis*, marked by an evacuation of blood, by a diarrhœa, vomiting, sweating, by abscesses, pustules, &c. is affected; after which, supposing the crisis to be complete, nature soon reduces the peccant fluids to healthful order.

This very brief outline of the leading pathological doctrine of the reputed "Father of Medicine" will suffice for the purposes to which it is applicable in the present essay. A man of most acute observation and clear judgment, he has in the farther details of disease left behind him a mass of information and an example as to the mode of attaining it, to which medical practitioners, at this remote period, find they cannot do better than refer. Yet how gratuitous is the whole of this doctrine of disease, the phenomena of which he so well and methodically described!

Descending from HIPPOCRATES through several direct generations, who all practised the medical art, the opinions of that great man remained unimpaired and unimproved. And even they who, not belonging to the family of the ASCLEPIADÆ, were thereby less bounden to the views of its chief ornament, only ventured to differ on points of practice. The first innovator on the *doctrines* in question appeared in Rome about a century before the Christian era, and is known as ASCLEPIADES of Bithynia. Pliny says that "antiquity held its ground until ASCLEPIADES reduced it to a system of conjectures." His pathological conjectures were extensions of those which he held concerning the nature of things in general; and they were borrowed from the doctrines of DEMOCRITUS, EPICURUS, and LUCRETIVUS; his *corpuscules* and *pores* having prototypes in the *atoms* and *vacuum* of those philosophers. His application of these to medicine was made by supposing the body to be composed of corpuscules and pores, the former being various in size, from those of the blood, which are the largest, to those of the spirits or heat, which are the smallest. So long as the pores are situated so as to allow

the free passage of the corpuscles, that is, so long as there is a just proportion between the two, health is said to obtain: a disproportion between them, on the other hand, constitutes disease. In the latter case, the most frequent accident is the accumulation of corpuscles in the pores, whereby *obstruction* takes place. But a not unfrequent state is also an indisposition on the part of the pores to receive the varied materials of the corpuscles, or, on the contrary, an extreme relaxation, causing their rapid transition. Among the diseases produced by the voluntary sojourn of the corpuscles in the passages, ASCLEPIADES ranks Phrensy, Lethargy, Pleurisy, Inflammatory Fever, and, above all, pains in any shape, which he attributed to the retention of the largest bodies, viz. those of the blood. The morbid disposition of the pores gives rise to Faintings, Atrophy, and Dropsy; which last is owing to their great relaxation. Appetite, and especially that called canine, is caused by the opening of the large pores of the stomach; and thirst, by that of the small pores. Further, as a general rule, acute disease is produced whenever the bodies obstruct the pores; and chronic disease, when the passages are relaxed.

Upon this fanciful hypothesis, ASCLEPIADES founded a totally novel practice, and upon both he raised a reputation which rendered him one of the most celebrated of his day, in Rome, and the originator of a tolerably large sect in medicine.

One of the pupils of the last-named physician was THEMISON, the founder of the Methodic sect, so called from their attempt to reduce medical science and art to a simple method in the teaching and practice. In establishing this method, THEMISON had in view to reconcile the conflicting statements of Dogmatism and Empiricism. Passing over the causes of diseases as unnecessary to be known, provided that reference was had to what was relative and common between the latter, he reduced all diseases into three principal genera. The first consisted in *constriction*; the second in *relaxation*; and the third was *mixed*, or compounded of both the former—a manifest absurdity.

Though he did not recognize the corpuscles and pores of his teacher, because they were not evident, yet it is not difficult to trace this hypothesis of contraction and relaxation up to that of ASCLEPIADES. But the originality of THEMISON's views will most appear, if we look to the fact, that he was the first who gave to the solids a part in the production of disease, in opposition to the long-established assertions of the Humoral Pathology. He did not, however, consider the solids as the primarily-affected parts in disease.

Fifty years after THEMISON, and in the reign of NERO, appeared another innovator, but still of the Methodic sect. This was THESSALUS, of whose eccentric bearing and intolerable conceit, PLINY has left some notice. He tells us that he styled himself the "Conqueror of Physicians," and so he was named on his tomb in the Appian Road. After adopting the hypotheses of ASCLEPIADES and THEMISON, with regard to the pores and the constriction and relaxation, this physician, moreover, maintained, that as disease consists in the derangement of the said pores, it was necessary, in order to the restoration of health, to effect a total change in the condition of the body, or any part of it, which change he designated *metasyncrisis*, but which GALEN renders by the word *metaporopoesis*, as significant of the alteration of the pores. This addition to medical hypothesis is worthy of record, as it contains the same element of conjecture that is involved in the modern creed concerning a "change of action" in a part or the totality of the system.

The writings of SORANUS, who lived in the reigns of TRAJAN and HADRIAN, and of CÆLIUS AURELIANUS, his translator and commentator, (for the original works of SORANUS are lost,) only contain, as regards the theory of disease, some small refinements on that of THEMISON, and some differences from this last author in the arrangement of certain diseases under the several categories of constriction and relaxation and of acute and chronic.

Of the subsections of the Methodics, who were styled the

Episynthetics and Eclectics, nothing can be said, since no recorded evidence exists of any peculiarity in their medical theory. Judging of this from their denominations, it would appear probable that the Episynthetics accumulated and admitted the doctrines of all the sects: and that the Eclectics chose what seemed most worthy of credit in all.

Another offshoot of the Methodics were the Pneumatics, who made the Spirits the efficient cause of disease—the fluids and solids having already been tried in that capacity. What they understood by the Spirits is very far from being obvious. From the mention made by GALEN of the opinions of one of this sect, ATHENEUS, and from the writings of ARETÆUS, who also belonged to it, the spirits would appear at one time to be some material *aura*, at another approaching to a metaphysical agent: the last named writer, for instance, frequently speaking of *qualities* which originate matter.* In this *aura*, however, one cannot but see prefigured the Archæus of VAN HELMONT, the Anima of STAHL, or the nervous influence of later days.

The name of GALEN marks a new era in the history of medical hypothesis; not so much from novelty in the basis of his doctrines, as from the refinements he made on those of HIPPOCRATES. To him is due the revival of the name, opinions, and practice of the Greek physician, with whose simplicity of recital, however, the abstruse speculations of GALEN stand in extraordinary contrast. Whilst he adopted the four elements, the four qualities, and the four humours of HIPPOCRATES, and founded on their deficiency, superfluity, or malposition the general conditions of disease, he brought to the subject an amount of erudition and subtlety of division and arrangement, that for many centuries caused him to be received as the perfecter of medical science. Into his speculations and sub-divisions it is impossible

* “If the heat,” he says, “is fatigued in carrying on the ordinary functions, it becomes changed into the acrid and igneous, and all the humidities are turned into bile.” Again: “Asthma is caused by the coldness and humidity of the spirit, which begets thick matters.” De Causis et Notis Diuturn. cap. 15.

here to enter: the leading idea contained in them, is, as before stated, derived from HIPPOCRATES.

The Greek and Roman writers on medicine, down to the sixth century of the Christian era, including the names of AETIUS, ALEXANDER TRALLIANUS, and Paul of Ægina: as well as the Arabian authors from the seventh to the eleventh century, including AHRUN, SERAPION, RHAZES, ALI-ABBAS, AVICENNA, AVENZOAR, and AVERROES—were only translators and commentators of the opinions of GALEN. From the 12th to the 15th century, the monks, in whose hands alone the practice of medicine remained, held to the same opinions;—deteriorated, however, by a mass of gross superstitions.

In the 15th century the sect of Chemical Physicians originated with the renowned PARACELSUS. This man was more occupied in making onslaughts on the long-received doctrines of GALEN than in rendering into an intelligible form his own extravagant hypotheses, which, based upon the idea that the human frame is subject to the same chemical laws as inanimate matter, and that all the vital acts are explicable by these laws, comprehended also a quantity of astrology, alchemy, and cabalistical nonsense that is perfectly astounding, and altogether out of the range of this essay to detail, or the intellect to comprehend when detailed. Suffice it to say, that in one disease the blood was said to be effervescing, in another too acid, again too alkaline, fermenting, putrescent, sulphurous, &c. These doctrines continued to flourish, with variations and improvements, until late into the seventeenth century, and are graced by the names of SYLVIVS, WILLIS, and SYDENHAM.

The *mathematical* doctrines succeeded to these. They commenced with BORELLI, and were continued by BELLINI of Pisa, who maintained that gravitation and mechanical agencies are fully capable of explaining all the phenomena of health and disease: that the body is a machine composed of tubes and pores, and fluids traversing them: that the amount of friction of the latter in passing along produced an amount of retardation, ob-

struction, and so forth, that constituted the particular degree and species of disorder. Of this hypothesis we find adherents in the respectable names of PITCAIRNE, KEILL, MEAD, and FRIEND.

With VAN HELMONT (1620) commenced the sect of *Vitalists*. Educated in the chemical school, this writer could not divest himself entirely of the doctrines he had thus imbibed. But he was too observant not to recognise the essential difference between the chemistry of the living body and that of inanimate matter. Over that process, therefore, he imposed a despot, a regulating power, which he denominated *Archeus*, and sometimes the soul, and whose chief abode was in the upper orifice of the stomach. In every circumstance of health or disease, he had recourse to the *Archeus* for an explanation: so that, beyond the fact of calling attention to the much-neglected vital power of the body, no great amount of ingenuity or observation can be attributed to VAN HELMONT.

The *Anima* of STAHL (1694) was a refinement on the *Archeus*. A Cartesian in philosophy, matter was, in his idea, inert, and required an animating immaterial principle to bring it into action. Not that his *Anima* was synonymous with the soul of man: for whilst by it the body is first formed, its functions carried on, its injuries repaired, morbid causes combated and morbid states removed, yet we are not conscious of its existence; neither, whilst it manifests the attributes of reason and design, does it really possess these qualities, being a necessary and unintelligent agent. The efforts of this power, therefore, were displayed in combating causes of disease, and in guiding the body through the latter to health; such efforts being rarely injurious. With all its defects of obscurity, the doctrine of STAHL must be considered as a step in the right direction.

Another step was taken by a contemporary writer, FREDERIC HOFFMANN. Imbued partially with mathematical and chemical ideas, he nevertheless attributed paramount influence to the operations of the nervous system, which he supposed to play in some instances the same part in the economy as STAHL's *Anima*.

Allowing disease to exist primarily, in a few cases, in the fluids, he maintained that it originates much more frequently in a condition of the solids that consists sometimes in an excess of tone or spasm of the moving fibre, at others in an atony of the same: both states being regulated by the nervous influence. In this localisation of disease in the solids, he had been shortly anticipated by BAGLIVI, who was the first to oppose *toto cælo* the humoral pathology that had prevailed since the time of HIPPOCRATES, and to assert the secondary affection of the fluids. This modern doctrine of solidism, on the verge of which THEMISON stood so many centuries previously, was, strangely enough, ushered in with the same leading idea as to constriction and relaxation that had marked the hypothesis of the Greek physician. So also in the theory of BOERHAAVE, which followed closely on that of HOFFMANN, something of the corpuscles and pores of ASCLEPIADES is detectable. Admitting vessels of various calibre, adapted for the reception of blood-globules of proportionate dimensions, BOERHAAVE makes disease to consist in the erroneous distribution of the latter into the former. And this is effected partly by the self-movement of the globules and partly by the impulsion of the solids: thus combining the opposite systems of Humoralism and Solidism.

The "spasm and atony" of HOFFMANN were made to appear in an original form, so much were they improved by the ingenious and discriminating mind of CULLEN. Instead of the indefinite "moving fibre," he localised all disease in the irritable capillary arteries, the "spastic stricture" and "atonic relaxation" of which alternately produce the morbid phenomena. Whatever there may be defective in the pathological theory of CULLEN, this indication towards the capillary system acting under the influence of an inherent vitality, must be considered an invaluable hint in the progress of theoretical medicine.

The theory of BROWN, the contemporary and rival of CULLEN, once so popular, is as follows. Every thing acts on the excitability of the body and produces excitement, which, if excessive,

wastes the excitability and thus induces *direct debility* or *asthenia*. On the other hand, if the excitement be deficient, the excitability accumulates, and *indirect debility* or *sthenia* is the result. All diseases are, therefore, divided into sthenic and asthenic, the former including the inflammatory, the latter the typhoid species. The Brownian theory is now disregarded, though the "direct debility" is retained; and the sthenia appears as "the debility of oppression."

In the "Elements of Pathology and Therapeutics," of Dr. Parry, published in 1815, a simplification of doctrine regarding disease was attempted. He held all disease to be primarily local, and, in this character, to consist in an augmented determination or momentum of blood towards the seat of the proximate cause; such determination being effected, when the disease remained a local one, by the contractility of the arteries in the immediate vicinity of the disordered capillaries, and by the increased contractions of the heart, when it leads to general disease. Further, although he recognised an increased quantity of blood in a part, he did not suppose it to be stagnant or congested there, but to pass on with increased velocity, in consequence of the impulse from the heart referred to. The agency by which this determination was established and the mode in which it became a source of general malady, were in a great measure slurred over by PARRY, as might be expected from the small esteem in which he held the operations of the nervous system in the production and maintenance of diseased conditions. This renders his theory defective; in which, notwithstanding, it is impossible to mistake the indications of an observant and original mind.

About the same time that PARRY made known his pathological ideas in England, BROUSSAIS commenced the development of his in France. The basis of these was also the local origin of all diseases. Supposing all internal and relative agents to produce their results by rousing the excitability of the tissues, one degree of excitement will constitute healthy life, a further

degree will constitute *irritation*, which may be extended in various periods into *inflammation* and *disorganization*. But the action of excitants is in the first place on the nervous tissue, and chiefly on the visceral portion of it, which more immediately regulates the blood-circulation. So that when *irritation* is produced, both the nervous and arterial textures are in a state answering to the sthenic inflammation of BROWN. This irritation is extended in many instances to the brain, and thence propagated by its nerves to most of the organs of the body, inducing the phænomena of general disease. At other times, irritation is conveyed only to more or fewer of the other organs than the brain, which only becomes affected at a very late period, or when disorganization commences. But in all cases the nervous system, as well as the circulation, is strongly implicated, and nervous power as well as blood accumulated.

As all disease is primarily local, the most frequent localities would be those which are exposed to the greatest number of excitants and possess the greater amount of excitability. These will be found in the skin or external mucous membrane, the internal mucous membranes and the brain through the medium of the senses. And accordingly the local origin of all diseases is to be found in one or other of these points—the two latter especially. If irritation originates in the brain, it is speedily and inevitably propagated to the mucous surfaces. Commencing in the latter, it is neither so rapidly nor so invariably passed on to the brain.

In 1835, Dr. Bostock, of London, a Fellow of the Royal Society, one of the highest honors for men of learning in that country, pronounced a classical and elaborate Treatise or History of Medicine, which he reviewed from its very earliest days. On approaching the period at which he was writing, he thus describes the gloomy, cloudy condition in which the Medical profession is immersed:—

“As the historian of Medicine approaches nearer to his own times, he finds his path encumbered with almost insurmountable

difficulties. The subject on which he has to treat, differs, perhaps from every other branch of science in this circumstance, that our actual information does not increase in any degree, in proportion to our experience. Hence it follows, that the accumulation of materials frequently rather retards than promotes its progress. In other sciences, although truth is not to be attained without a certain degree of laborious research, yet to those who are willing to bestow upon it the requisite attention, it is, for the most part attainable, or if it still eludes our grasp, we are at least sensible of the deficiency, and can generally ascertain the precise nature of the obstacles which impede our progress. In other sciences, when we enter upon an inquiry, or propose to ourselves any other definite object for experiment or observation, we are able to say whether the result of our inquiry has been satisfactory, and whether the object in view has or has not been accomplished.

“But this is unfortunately not the case in Medicine. There are certain peculiarities necessarily connected with the subject, which render it extremely difficult to appreciate the value of experiment or observation. In our experiments, we are seldom able to ascertain with accuracy, the previous state of the body on which we operate, and in our observations we are seldom able to ascertain what is the exact cause of the effect we witness.

“The history of Medicine in all its parts, and especially that of the *Materia Medica*, affords ample testimony to the truth of these remarks. In modern times and more remarkably in Great Britain, no one thinks of proposing a new mode of practice, without supporting it with the results of practical experience. The disease exists, the remedy is prescribed, and the disease is removed: we have no reason to doubt the veracity or ability of the narrator; his favorable report induces his contemporaries to pursue the same means of cure, the same favorable result is obtained, and it appears impossible for any fact to be supported by more decisive testimony. Yet in the space of a few short years, the boasted remedy has lost its virtue, the disease no longer yields

to its power, while its place is supplied by some new remedy, which, like its predecessors, runs through the same career of expectation, success, and disappointment.

“Let us apply these remarks to the case of fever, the disease which has been styled the touchstone of medical theory, and which may be pronounced to be its opprobrium. At the termination of the last century, while the doctrine of Cullen was generally embraced, typhus fever was called a disease of debility, and was of course to be cured by tonics and stimulants. No sooner was it ascertained to exist, than bark and wine was administered in as large doses as the patient could be induced or was found able to take. No doubt was entertained of their power over the disease; the only question that caused any doubt in the mind of the practitioner was, whether the patient could bear the quantity that would be necessary for the cure.

“To this treatment succeeded that of cold affusion. The high character and literary reputation of the individual who proposed this remedy, its simplicity and easy application, the candid spirit which was manifested, and the strong testimonials which were adduced by his contemporaries, bore down all opposition, and we flattered ourselves that we had at length subdued the formidable monster. But we were doomed to experience the ordinary process of disappointment; the practice as usual was found inefficient or injurious, and it was after a short time supplanted by the use of the lancet. But this practice was even more short-lived than either of its predecessors; and thus, in a space of less than forty years, we have gone through three revolutions of opinion with respect to our treatment of a disease of very frequent occurrence, and of the most decisive and urgent symptoms.”

In view of this discouraging aspect of his favorite science, the learned gentleman ingenuously asks:—“Are we then to conclude that all Medical treatment is of no avail? I should feel most unwilling to be compelled to form such a conclusion, nor do I conceive that it necessarily follows from the premises; but the facts certainly prove the importance of extreme caution in form-

ing our conclusions, and still more, that mere experience, without the combination of **WELL-REGULATED THEORY**, is a *most fallacious guide*."

The discovery of this much desired "well-regulated theory" it is the happy duty of the Graefenberg Company to promulgate in the subsequent pages of this volume.

Gloomy and disheartening as is the picture of Medicine, as painted by the graphic pencil of the accomplished Dr. Bostock, there have not been wanting efforts, to lighten some of its dark and repulsive shades.

First appeared, Dr. Samuel Hahnemann, the author of the **HOMŒOPATHIC** or do-nothing system, by some called a farce, by others sheer quackery. A system, however, which may be turned to good account by two classes of people, viz.—those who are not really sick, but only fancy themselves to be so; and by those who have taken a great deal too much physic, either of themselves or at the instigation of their physicians. The former by its means escape danger of injury; while the latter will, of course, be benefitted by quitting a bad practice.

The doctrine of Hahnemann is, that what will cause a disease will cure it. Thus, if you burn your finger in the fire, sticking it in again will infallibly cure it. It is the homely adage of "a hair of the same dog," which has done so much mischief among plain people, dressed up in the philosopher's garb, and brought out to strut its brief hour upon the stage to make the simple and unsophisticated stare. On this axiom of Hahnemann, the following well-known fable, the absurdity of which has made so many children laugh with delight, becomes the height of physiological wisdom :—

There was a man in our town
And he was wondrous wise;
He jump'd into a briar-bush
And scratch'd out both his eyes.

And when he saw his eyes were out,
With all his might and main,

He jump'd into another bush,
And scratch'd them in again !

A conclusion and a result perfectly logical according to the Homœopathic doctrine—of which we advise the teachers of our young masters and misses to take due note, in order that the irreverent merriment of their pupils may hereafter be properly restrained at the perusal of the above-cited serious and classical ditty.

Another wrinkle of the Homœopathic philosopher is, that of infinitesimal medicine, the principle of attenuated doses, by dilution or trituration. The more you reduce a medicine by dilution or rubbing, the more powerful it becomes ; until, at last, even a smell becomes dangerous. Common kitchen salt, reduced to the decillionth degree, Hahnemann gravely tells us, is a dangerous medicine to give to an adult. In a word, the grand conclusion of the whole doctrine of Homœopathic doses is : the *less* you have of a thing, the *more* you have of it—a corollary at once ingenious, rational, and strictly mathematical.

History tells, that a few score years ago, a dramatic philosopher regaled a London audience with a tragical tragedy, in the course of which a wounded hero magnanimously cried out, just before parting with his last breath—

“ My wound is great, because it is so small ! ”

Whereupon another philosopher in the pit, (the historian calls him a wag,) evidently of the Homœopathic school, volunteered to carry out the idea to its legitimate conclusion, by exclaiming—

“ Then 'twould be greater were it none at all ! ”

At this, the audience is said to have roared with laughter—no doubt startled by a sudden conviction of the sublime wisdom, thus unexpectedly evolved.

The THOMPSONIANS, or Botanic physicians, have for their motto, “ cold is death and heat is life.” On the strength of this, their practice is to “ fire up ” with steam, lobelia and red pepper

on all occasions. No matter what the disease, the patient is "put through" what they call "a course"—happy for him if the "putting through" is not final. Of course, they never bleed nor leech—but what general success can be predicated of a system with so narrow a philosophy? Which does not see that extremes of cold and heat alike lead to death? And that life depends on the maintenance of a due equilibrium between both?

ANIMAL MAGNETISM, we consider only a variety of the universal principle of Magnetism, Galvanism, Electricity, Chemistry, which philosophers now agree in considering as but modifications of one and the same element, influencing not only the animal, but the mineral (witness the load-stone,) and the vegetable (witness the sensitive plant,) kingdoms. In all these forms, in judicious hands, the principle is calculated to be useful. All the practitioners with this varied element, religiously eschew the lancet and the leech—a great point in their favor.

The same credit may be awarded to HYDROPATHY, or the WATER-CURE—of which we think very favorably, as it is comprised as a portion of our Americo-Graefenberg theory; but the public is so familiar with this mode of treatment, that we shall do no more than quote in this place the following instance of "vegetable," or Americo-Graefenberg success over exclusive water treatment, recited by that celebrated and ripe physician, Dr. T. J. Graham, of London, author of some of the best medical works in the English language:—

"The public ought not to believe the glowing statements found in books on Hydropathy, which commonly puff it up as infallible. We now occupy a land of marked imperfections, and this, like all other human means devised for the recovery of lost health, is very fallible; and those who make assertions to the contrary are not worthy of the least confidence or credit. But it is nevertheless, an extremely valuable auxiliary to Medical practice, and as such I sanction it when carefully employed by professional men.

"The German Hydropathic establishments cannot be recom-

mended; the practice there being too much of a routine—of a hit-or-miss character, and their diet intolerably bad. I would warn the public against the German practitioners in this country, who are mostly ignorant, unprofessional adventurers, and wholly unworthy of the least confidence. The unprofessional writers on Hydropathy may, perhaps, be excused for seeing no excellence in anything but that system; but no man in his right mind will adopt such views, or follow such guides. Their books are full of errors, and if closely followed, will do a great deal of mischief.

“It is singular, that the author of the first book on Hydropathy published in England (See *Claridge on the Cold Water Cure*), should be pleased (after his return from Graefenberg,) to ask my advice for the cure of a very troublesome complaint, from which his favorite “Cold-Water Cure” could not deliver him!

“He was sadly annoyed by an eruption and ulceration about the corners of his mouth, together with a huskiness and uneasiness every morning in his throat and bronchia, causing him a sensation as if he had taken cold. His acquaintance rallied him on the extraordinary powers of his “Cold-Water Cure,” and cried out, “Hydropath cure thyself;” but this he could not do, notwithstanding the very liberal use he made of the fluid he extolled as a panacea and caustic to boot.

“He was unwillingly driven into the arms of the physician, but not unavailingly. He was told that it was probable the same medical means would deliver him from both the disorder of the skin, and that of the bronchia.

“I prescribed for him a *vegetable alterative*, and was favored thereby to cure him perfectly within six weeks. So much for the efficacy of physic cautiously prescribed.”

The CHRONO-THERMAL doctrine is the last in the series, immediately preceding our Graefenberg theory; to which, indeed, it is a nearer approximation than any of the others. Like it, it repudiates the abstraction of blood in any form, violent purgings

and the use of calomel. Its principle is, that of time and heat; that disease is made up of a disturbance of the heat of the body, with alternations from heat to cold and *vice versa*; that, in fact, disease, like everything else, has its "times and seasons," and finally, that it is the province of the doctor to restore the balance of the temperature and to maintain it, if possible, with the least possible violence to the system.

MANUAL OF HEALTH.

PART II.

In the progress of civilization, old ideas in almost every department of life give place to those which are new, or are essentially modified by them. While it is true that changes are not always improvements, it would be a libel upon the race to say that there has not been a general advance in human condition. Foremost among the interests which pertain to society at large, and to every individual of that society, is *Health*. Next to the Clerical office, that of the Physician stands highest. With health, what can we not endure? What can we not enjoy? Without it, the grasshopper is a burden, and the joys of life are turned into mourning.

It is no doubt true, that improvements in medical science have not kept pace with those of other departments. Many of the theories of the present day are relics of the dark ages, when men consulted the oracles in the temple of Esculapius, and attributed diseases to the malignant influence of the stars or of some invisible demon. This is a truth which *no medical professor in the land can deny*. If he should, we would ask him

to write down a recipe for any ordinary complaint; and we should find him placing at its head the following character:



This character, which is understood by the Faculty to mean *Recipe*, is the relic of the astrological symbol of Jupiter. Indeed, there are many vagaries of heathen antiquity yet floating among the medical theories of the day. But there are vast numbers of excellent Physicians both in city and country—men who honor their noble profession and bless mankind. In many a sequestered hamlet and humble village there are those who would rank with the most renowned of any country or age, if they were more widely known. Such men are indeed a public blessing, and should have the confidence and most liberal support of their fellow-citizens.

The facts glanced at in the preceding remarks will not be questioned; and still it must be said that the Art of Healing is susceptible of vast improvement. With this view the Graefenberg Company beg to call the public attention to their new theory of disease.

THE AMERICO-GRAEFENBERG SYSTEM.

THE EXTRAORDINARY cures which the Graefenberg Medicines have effected, very naturally attract toward us, the profound

attention of the public. Medical men, clergymen, philanthropists, all see that we are performing a most notable service. Our progress has been hailed by the warmest greetings.

There are some, however, who do not distinctly understand the Americo-Graefenberg theory of disease and cure. We shall therefore proceed to unfold our principles.

In the first place we are totally opposed to the old drenching system. There is nothing in the world more easily made than a pill which will operate profusely as a cathartic. Many people esteem a medicine in proportion to its purgative properties. This leads pretenders to compound articles of the most drastic materials. But to *cure* disease something far different is indispensable. There must be something which shall enter into the recesses of the system; and, acting in harmony with the great Laws of Nature, gradually and kindly remove the hidden cause of disease. Nature's operations are almost invariably of the gentlest kind. All her healthful ones certainly are. The gentle rain and the gentler dew teach us a lesson on this point. Indeed all that is benign and beautiful around us comes of the gentlest, most invisible of causes. *We would obey this great Law.* This is one great blessing of our system. We do not first make sick that we may cure. We would give relief *at once.* We would allay every throbbing, morbid, painful symptom, knowing that we can then cure the more effectually. The wonderful power of our medicines in this respect cannot be sufficiently urged.

2d. *We believe that a disordered state of the system comes on gradually, and frequently slowly.* It is true that people become suddenly and violently ill. But as a general fact the causes which lead to illness are a long time at work, probably unnoticed by the patient. Deep within the mysterious fountains and springs of life something wrong has been going on; until by a sudden cold, fatigue, exposure or improper food a *crisis* takes place. The Graefenberg theory is, that *the means of cure must be coextensive with the cause.* Within the hidden fountain and

springs of life the work must be done, if done at all. It is not enough to drench out the stomach and bowels. The latent evil must be met and conquered. The **RADICAL** nature of our theory is one of its noblest characteristics.

3d. Foremost, however, among the peculiarities of the Graefenberg theory is this, that it deems the **BLOOD** to be the seat of disease in almost every instance. We will quote the clear and conclusive proofs from Holy Writ:—

The *Life* is in the Blood.—*Gen.* ix. 4.

The *Life* is the Blood.—*Deut.* xli. 23.

The *Life of the Flesh* is the Blood.—*Lev.* xvii. 11.

Blood is the *Life of the Flesh*.—*Lev.* vii. 13, 14.

In beautiful analogy with this theory of the blood is that which relates to the sap of trees, plants, shrubs and flowers. Look at yonder majestic oak lifting its branches to the heavens, the growth of many centuries. While it gives shelter and protection to the birds which nestle in its foliage, it has strength to brave the fiercest tempests. Now see the woodman make a slight incision in its bark, “*girdling*” it but an inch or two deep. The proud tree wilts, and droops, and curls its leaves and *dies*. Why all this? The *sap* was its blood. ITS **BLOOD WAS THE SAP**. Its circulation arrested, the Life of the proud tree was forever gone. So with the plant or flower cut from its parent stem. In a few hours its fragrance departs, its color fades, its petals fall. Why all this? No violence hath been done it, except removing it from the stem on which it grew, and still it is *dead*. Throughout all nature this **GREAT LIVING PRINCIPLE** exists. Destroy it or contaminate it and decay and death ensue; whether in man or beast or tree or flower or fruit or plant!

To purify the blood is another of the great principles of the Americo-Graefenberg theory; and one which our Medicines eminently secure.

4th. We add another characteristic of our medical theory, namely the union of external and internal remedies. The old Allopathic practice is that of powerful internal remedies; com-

posed mainly of calomel; together with bleeding, blistering and cupping. This course is enough to make a well man sick. Its fruits are sufficiently known. The graveyards tell the story. The public is dissatisfied with it, nay more, *disgusted*. This state of things has led to HOMŒOPATHY, a system of vast stupidities; and to hydropathy, good enough in its leading principles, but manifestly and mischievously imperfect.

The Americo-Graefenberg system takes what is good of all these systems, and rejects the rest. It is a combination of various medical science and experience; and is rapidly taking the place of systems less complete and less efficacious.

5th. There are certain conditions of the body in which it is of the most inexpressible importance to act upon the *whole system*; to carry the remedial process into every element, part and function of the frame.

The most careless reflection will convince any one of the truth of this. A disease which permeates the system must be met by a remedy which also shall permeate the system. Like leaven, it must affect the entire mass.

It is also true that a medicine which goes *through* the body does not, in the true sense, go *into* the body. It is for this reason that almost all physicians and patent medicine manufacturers fail of cures. They *drench out* the contents of the stomach and bowels, but do no more.

Let us not be misunderstood. We do not deny the vast importance of *purging*. On the contrary, the stomach and bowels must be first evacuated of their irritating and feculent contents. Nothing can be done until this is attended to. Not only so; the stomach and bowels must be *kept* free of their bad humors, by as frequent purges as circumstances may indicate.

The GRAEFENBERG THEORY in carrying out the cure to its highest triumphs by the use of a *pill each and every day* is eminently desirable. Taken in these minute doses they do not rapidly hasten out of the system; but their healthful, lifegiving and balsamic virtues are taken up by the lacteals and renovate

the hidden fountain within. Is not this in harmony with the most obvious laws of Nature? Are we not sustained in this by the simplest common sense, whether of the child or of the philosopher?

In this view we are sustained by the law of our bodies in relation to food. Would food do us good if instead of being taken up into the circulation it were forced rapidly downward and evacuated? To ask the question is but to answer it. And so with a health restoring medicine. *It should be taken up into the circulation and medicate the body.*

We now come to another point of unspeakable importance. It is as to the *TIME of taking the medicine*. To this we beg the special attention of our readers.

If the object be to *purge*, the pills should usually be taken on going to bed. But if it be to cure permanently, we recommend *that a single pill* (we are speaking now of our vegetable pill,) *be taken every morning just before breakfast.*

A person sits down to breakfast at his usual hour. He partakes of whatever may be set before him, as his taste and appetite may direct. He takes, for instance, a little meat or fish; a little butter, bread, milk, salt, sugar, tea, coffee, and perhaps potatoes or rice. This mass of food passes into the stomach. It there meets with the gastric juice, a secretion which has the power to act upon it, by its own most wonderful chemical laws. The mass becomes a pulp. It then passes onward a few inches into what is called the duodenum. Here it meets two other powerful agencies, called the pancreatic juice and the bile. It here undergoes an important change, the larger portion of it becoming what is called *chyle*. This chyle is now conveyed by millions of little vessels, (called lacteals) into the system, to nourish it and to keep it in life.

Now be it observed, *that this is the time in which the obedient servant of Nature should step in and give his healing herbs and plants*. When the millions of little lacteals come to the chyle, to get there each its own appropriate element to convey to the

different parts of the body; to form the various secretions; they should find mingled in with the chyle those Divinely constituted agents that have sprung up from the earth to medicate the body.

This philosophy cannot be overrated. It is pregnant with vast and unheard of blessings to the human race. Faithfully practised it will prevent disease, and in thousands upon thousands of instances invariably cure it unless the powers of life be too far destroyed.

It cannot be longer disguised or concealed, that the old doctrine of purge, purge, purge, has had its day. The public see its fallacy. The wonder is, that the abomination has been so long and so patiently borne. The doctrines of the Graefenberg Company are in harmony with the Laws of Nature, and with the lights and researches of the nineteenth century.

There are some medical men and some patent medicine vendors who boast of their prescriptions and medicine because of their *antiquity*! As well might a hatter boast of his hats because on their being made as hats were a hundred years ago; or a ship-builder of his ships because of their exact resemblance to Noah's Ark. No. *Medical Science should improve as rapidly as other departments of science or of art.* And when a physician or a pill dealer tells us his compounds deserve patronage *because of their antiquity*, he insults our common sense. *Besides this; it is a burning shame that with all the professed improvements in medical science, and in the arts and conveniences of life, disease should still remain unchecked, even in the slightest degree!* It is true that it is "appointed unto all men once to die," and that sickness is one of the calamities of poor humanity. But sickness may more frequently be averted and cured than it is. Ask any well informed physician you meet, if certain forms of disease are not now more common in this country than they were twenty or thirty years ago. He will say yes. He will tell you, that Liver Complaint, Dyspepsia, Neuralgia, Bilious Affections, Scrofula, Insanity, Green Sickness, Cancer, General Derangement of the System, and the like, are decidedly more frequent.

Any one can see that the stature and strength of the race are decreasing; that men are not men, as of old. Why is this? Among other reasons, *they are drenched so much by the vile purgatives that are scattered broadcast through the land that the life itself is invaded and weakened in its own castle.*

The Graefenberg theory, therefore, should be examined by every well wisher to his race, whether professional or non-professional. We believe that purging is necessary at times. But we also believe that the work of curing is but begun at this stage of the treatment.

It is a great and startling truth, that ordinary physicians cannot cure, by their systems, many of the commonest diseases to which the human family is liable. The body is exceedingly intricate and delicate in its structure and functions, literally, "a harp of thousand strings:" justifying the beautiful expression of the sweet singer of Israel, "We are fearfully and wonderfully made!"

The thousand parts of which it is composed are endued with vitality, and act in obedience to laws established by the Divine Creator. A life current of blood leaps through its veins and arteries.

Daily must this wonderful fabric be nourished by food and drink adapted to it. Without these it dies. All day, all night, all night, all day, the heart throbs on, the pulses beat, the lungs heave. If either of these cease for an instant to do their work, the strongest man sinks to the ground a ghastly corpse! *Now is it not rational to assert, that talent of the very highest order is absolutely indispensable in the care of such a body, especially when disease or decay has laid its hand upon any of its parts or functions?* Certainly! This position is undeniable; and it should be a criminal offence for a man of small capacity to undertake to deal with the body, which is indeed the casket of the soul.

Now let us just cast our eye around on the medical profession. What do we see? Some noble-minded, sagacious, far-seeing

men, doing honor to themselves, to their profession, and to their race. But what else do we see? Thousands of men miscalled physicians, of the most meagre talents; and utterly incapable of understanding those beautiful laws upon which health and life depend. But they say, "we have been properly educated, we have studied the full time the law requires, we have attended lectures, and are licensed to practice." True enough. But what does all this prove? It certainly does not prove that they have that high order of talent a good physician must have. The celebrated Dr. Johnson was once endeavoring to instruct a dull-headed man on a certain subject; but the man did not seem to comprehend the matter. The Doctor got angry, and in his usual rough manner, angrily said—"Sir, I am bound to furnish you with arguments, but not with brains."

So it is with some medical men. They have had faithful instructors in every department of the medical profession, but these instructors were unable to give them brains. The grand difficulty with such men is, that they do not learn of Nature, that wisest, safest, and best of teachers.

Nature is the best expounder of her own laws; and the most successful medical practice is that which falls in harmoniously with those laws. And herein consists the surpassing power and excellency of the Graefenberg theory; the inventor of which, after more than a quarter of a century's investigation of this subject, was led to the discovery by reflecting upon the following laws of Nature:—

There are three principal avenues by which Nature expels from the body what is necessary should be expelled therefrom. These three are the Stool, the Urine, and the Pores. These must be kept in a healthy condition, or disease is certain. This is a fixed and positive law; and no human being can safely disregard it. In addition to this, the liver must be kept in order. The liver is the largest organ in the body, and has some of the most important functions to fulfil. It regulates the bile, and consequently the digestion and the bowels. The stomach must be in.

vigorated and made healthy. Added to all this, the strength and tone of the system must be kept up by proper nourishment, exercise and rest.

These are plain and simple laws; and when they all work harmoniously, a person is in sound health. This position will not be questioned.

Now, when the system is diseased, it is the first grand object to set all these functions at work, both to expel disease and to restore the health.

The bowels must be cleansed, soothed, opened and strengthened: the urine must be made to flow healthfully and naturally, and to throw off the impurities of the blood: the liver and stomach must be regulated: and above all, the pores must be opened, and the skin made healthy. These things done, Nature will go to her work, and ruddy health will sit smiling upon the cheek; and life will be again a luxury.

We will suppose the case of a person afflicted with a bilious complaint. His head aches, his appetite is poor, his bones and back ache, he is weak and nervous, his complexion is yellow, skin dry, and his tongue furred. He goes to a doctor for relief, and is given a dose of medicine to *purge* him freely. He takes it and it operates profusely, and he gets some temporary relief. *But he is not cured!* In a few days the same symptoms return, and the same old *purge* is administered; and so on, until the poor man becomes a martyr to heavy, drastic purgatives.

Now, what would be the *true practice* in such a case? What the practice that Nature herself points out? Why, to *set in healthy operation ALL the means that Nature possesses to throw out of the system the causes of disease*. The bowels must of course be evacuated, but the work is but *begun at this stage of the business*. The kidneys must be prompted to do their work, for they have a most important work to do; the stomach must be cleansed; and above all, the *pores* must be relieved, and enabled to throw off the secretions which ought to pass off through them. We repeat, that through *the Bowels, the Urine, the Pores,*

the disease must be expelled from the system, and not by the bowels alone, as is the usual practice. We therefore assert and insist that a medicine which shall accomplish the combined objects above named, is the great desideratum.

These things the Graefenberg remedies will accomplish. They will cleanse and invigorate the stomach; freely purge the bowels; make the urine to flow healthily and clear; open the pores give a pleasant temperature and tone to the skin, and do all this in the *gentlest manner*, without doing violence to the system.

The simple doctrines we have now laid down, and which are the great and philosophical foundation of the Graefenberg theory, are in perfect accordance with the opinions of the most eminent medical men. What says the celebrated English physician, Graham?

"It is man's method," he says, *"to endeavor to effect great ends by multiplied and extraordinary measures, but God, both as the God of nature and grace, accomplishes mighty ends by few and simple means."*

This is indeed true, and the God of nature restores the sick man to health through the action of the few simple channels we have named. Concerning this, what says the celebrated Lord Bacon? He says—

"The subject of man's body is of all things in nature, the most susceptible of remedy." What says Thomas Jefferson?

"We know, from what we see and feel, that the animal body is in its organs and functions subject to derangement, inducing pain and tending to its destruction. In this disordered state, we observe nature providing for the re-establishment of order, by exciting some salutary evacuation of the morbid matter, or by some other operation which escapes our imperfect senses and researches. She brings on a crisis by stools, vomiting, sweat, urine, expectoration, &c., which for the most part ends in the restoration of healthy action. Experience has taught us also that there are certain substances by which, applied to the living body, internally or externally, we can at will produce the same

evacuations, and thus do in a short time what nature would do but slowly, and do effectually what perhaps she would not have strength to accomplish. Where, then, we have seen a disease characterized by specific signs or phenomena, and relieved by a certain *natural* evacuation or process, whenever that disease occurs under the same appearances, we may reasonably count on producing a solution of it, by the use of such substances as we have found, *by experience*, produce the same evacuation or movement. Thus, fullness of the stomach we can relieve by emetics; diseases of the bowels by purgatives, &c., &c. Here, then, the judicious, the moral, the humane physician should stop * * * * But the adventurous physician goes on, and substitutes presumption for knowledge. From the scanty field of what is known, he launches into the boundless regions of what is unknown. He establishes for his guide some fanciful theory of corpuscular attraction, of chemical agency, of mechanical powers, of stimuli, of irritability accumulated or exhausted, of depletion by the lancet, and repletion by mercury or some other ingenious dream which lets him into all nature's secrets at short hand. On the principle which he thus assumes, he forms his table of nosology, arrays his diseases into families, and extends his curative treatment, (says he,) by analogy, to all he has thus arbitrarily marshalled together.

"I have lived myself to see the disciples of Hoffmann, Boerhaave, Stahl, Cullen, and Brown, succeed one another like the shifting figures of the magic lantern, and their fancies, like the dresses of the annual doll-babies from Paris, becoming, from their novelty, the vogue of the day, and yielding to the next novelty their ephemeral favors. The patient, treated on the *fashionable* theory, sometimes gets well in spite of the medicine. The medicine, therefore, restored him, and the young doctor receives new courage to proceed in his bold experiments on the lives of his fellow-creatures.

"I believe we may safely affirm that the *inexperienced* and *presumptuous* band of medical tyros let loose upon the world,

destroys more human life in one year, than all the Robin Hoods, Cartouches, and Macheaths do in a century.

“It is in this part of medicine I wish to see reform; an abandonment of hypothesis for sober *facts*; the *first* degree of value set on *clinical observation* and the *lowest* on *visionary theories*. I would wish the young practitioner, especially, to have deeply impressed on his mind, the real limits of his art. * * * *

“The *only* sure foundations of medicine are an intimate knowledge of the human body, and *observation* of the effects of medicinal substances on that. The anatomical and clinical schools, therefore, are those in which the young physician should be formed. If he enters, with innocence, that of the *theory* of medicine, it is scarcely *possible* that he should come out *untainted* with *error*. His mind must be strong, indeed, if, rising above juvenile credulity, he can maintain a wise infidelity against the authority of his instructors, and the bewitching delusion of their theories. * * * * * I hope and believe that it is from this side of the Atlantic that Europe, which has taught us so many other things, will be led into sound principles in this branch of science, the most important of *all* others, being that to which we commit the care of health and life.”—*Letter to Dr. Wistar*, vol. iv., p. 91.

THE BLOOD.

THE IMPORTANCE of this wonderful portion of the human body is not so well understood by the majority of people as it should be. Yet it is the general belief, and has been in all ages, that the blood must be pure in order to secure a state of health and strength. Let us carefully look at this subject.

It pleased the Creator and Maker of our bodies to announce to man, at a very early period of his existence on the earth, the following great facts in regard to the Blood:

“*The Life is in the Blood.*” “*Blood is the Life of the Flesh.*”

☞ *These are truths, laid down by the Deity.*

If the reader will ponder for a few moments on these truths, it may be of service to him.

In the first place, who but God could have known the *Secret Springs* of the life of the body? All the reasonings, researches and experiments of all mankind, in all ages, could never have found out that the **LIFE IS IN THE BLOOD**; had it not pleased the Author of Life to tell man the secret. In this mysterious fluid, which courses through the veins and arteries, which throbs in every pulse, which visits the minutest part of the body, dwells the **LIFE**. If this be healthful, beauty and health sit smiling on the cheek; strength and pleasurable sensations are felt. If it be not healthful, the countenance tells the tale; and weakness and disease are spread throughout the system.

That the Blood is the Life has been proven by a thousand experiments. Suppose an arm be cut off. Is the Life of the body destroyed by this? No! for the life is not in the arm. Cut off both arms. Is the Life of the body destroyed? No. Cut off both legs. Is the Life of the body now destroyed? Cut off the ears and the nose. Is the Life of the body now destroyed? No. Pluck out the eyes. Is the Life of the body now destroyed? No. No. NO. The Life is in the Blood; and if this be left in a healthful condition in the mutilated body, the body lives. But open the smallest artery, and let the blood flow out. What now occurs? "Death!"

Most true is it that **THE BLOOD IS THE LIFE**.

Upon this theory was established those exceedingly beautiful directions pertaining to food, and to the habits of daily life, that marked the Mosaic economy. It is true, that, by the advent of the Son of God, the *religious* dispensation of the Jews was displaced by that of the Gospel; but in the laws given to the Jews by the Almighty for the preservation of health and the curing of disease, there was a beauty and an adaptation of means to ends, which the world had never before seen; and which no human wisdom has ever been able to improve upon.

Throughout all the laws referred to, the principle we have named in reference to the infinite importance or *Healthy Blood*, is paramount.

The Jews were forbidden to eat the flesh of unclean beasts and fishes. They were forbidden to eat the flesh of an animal whose liver, lights, or any other organ was diseased. An officer was annually appointed by the Synagogue whose only duty it was to examine the animals slaughtered for the markets or shambles. This was done in order to carry out the divine command, in reference to the use of diseased flesh. Indeed, throughout the whole code of laws which were given on the subject of living, the *Blood* was deemed of the utmost importance. The *Blood being the Life*, (in the language of Him in whom the secret spring of our existence is,) no medicine which does not purify the blood is of any use.

PERFECTION THE RESULT OF UNDIVIDED ATTENTION. It is a well known fact, seen in every day's intercourse with our fellow men, that to attain high excellence in any given art or science, a man must give his *undivided attention* to that, and to that alone. The human mind is so constituted that if a person have a great many different things to do, and a great many things to think of, he will not excel in any one thing. What should we expect of a lawyer who should study law one day, the next day study medicine, the next day try to preach, the next try to mend a watch, and so on; changing his mind and his efforts continually? Why, we should expect that he would be a poor lawyer, a poor preacher, a poor doctor, and a poor watch-maker. *If he had stuck to one thing*, he might have excelled in that. And so it is with a mechanic. Take a watch-maker for example. Suppose that to-day he turn his attention to watch-making, to-morrow to shoe-making, the next day to horse-shoeing, the next day to something else, and so on. It is pretty easy to see that he would make but a poor hand at anything by such a course. No—the truth is, *that great excellence in any business can be found only in undivided attention to one*

thing. It is this great principle that has led, step by step, to the production of the Graefenberg Vegetable Pills.

The inventor of these Pills, possessing a long and intimate acquaintance with the human system, and with the numerous medicines to which medical men usually resort, studied for many long and wearisome years upon this single proposition—*how to prepare a PILL which should act in harmony with the Great Laws of Nature, and expel diseases without doing violence to the system.*

And why should not this undivided and patient attention to one department of medical science be crowned with the success that attends the same attention to other things? There is no reason; and when a Pill is presented to the public, which has been studied out with anxious care, and tested by the severest standards, it deserves success and will meet with it.

It is a difficult and a delicate process to find out, and to combine in their exact proportions, the ingredients of a truly valuable medicine. Nature is governed by fixed laws in every thing. Take a familiar though homely illustration of this in the simple business of making bread, or cheese, or soap. If the materials of each of these be not *exactly right* in their proportions, the housewife will have bad bread, bad cheese, and her soap will not “come,” as it is called. The proportions must be exactly right. So it is with a medicine. To be *right*, its ingredients must be proper, and their proportions perfectly accurate. This great fact must be admitted by every reflecting, candid mind. And hence it is that the Graefenberg remedies come before the world with claims far surpassing those of any other medicine ever offered to the public patronage. Not only are they composed of different and superior materials; but their proportions and combination are perfectly harmonious, obedient to nature’s great and unalterable laws. The inventor of these medicines has not permitted his attention to be diverted from the great object of making a perfect article, which should command and deserve the confidence of the public.

In this connexion we may make known that nearly all the patent medicines of the day, (and which are left in every nook and corner of the land for sale,) are *compounded from recipes brought from Europe*. Hence their ill adaptation to the diseases of this hemisphere. A medicine which has not been prepared with express reference to the peculiarities of the climates and seasons of a given country, are in so far essentially defective. This fact is too evident to need proof. Any well-informed physician will admit it.

The influence of soil, climate and season upon the *vegetable world* even, is striking; how much more do such causes affect the animal economy! Strong-smelling plants, for instance, lose their odor, in a sandy soil, and do not again recover it by transplantation into a richer one. Rhubarb differs greatly in its purgative properties according to the soil and climate in which it is cultivated. Opium furnishes a remarkable proof of this, for it varies most astonishingly in quality in the different countries in which it is produced. Egypt produces a stronger opium than any other country. So with senna, digitalis, &c.

But a more familiar illustration than those is found in the pasturage of cattle. In wet and cold seasons grass is much less nutritive. The grass of certain regions produces much sweeter butter than that of others. This is a well-known fact. There is a something inexplicable to human observation which powerfully affects even the vegetable world; and, as we have said, much more so the animal system.

A celebrated physician who resided a long time in Italy, says—"I have no hesitation in asserting that narcotics act with greater force in Naples than in England. The human constitution in this part of the continent is, certainly more susceptible of nervous impression than in England."

This acute observer was singularly successful in his practice, from his seizing upon the great law of nature to which we have alluded.

In this country this subject is of far greater importance than

elsewhere. Here the extremes of heat and cold are very great; at one time enervating and relaxing the system, at another bracing it to its extremest tension. These are very frequently of themselves, the cause of fever, fever and ague, and other diseases. Besides this, we live upon a new and rich soil; in greater or less proximity to large lakes and rivers. Long centuries came and went before any foot, save that of the Indian, trod the vast country we inhabit. During all this period the profuse vegetation which annually sprung up, died and left its deposit, filling the soil with rich material. The plough turns up this rich deposit. Millions upon millions of acres are every summer turned up, and give out their exhalations. Moisture and heat cause more or less decomposition; and particles, invisible to the eye, pervade the atmosphere. *These create diseases: these constitute the hidden and insidious enemy which makes such sad havoc with portions of the South, the South-west, and the West.*

To meet these exigencies, the POSITIVE ADAPTATION of remedial agents is utterly indispensable. Remember this. POSITIVE ADAPTATION *is utterly indispensable.*

And herein consists the amazing superiority of the Graefenberg remedies. They are made for this country, and for countries where the human system is liable to similar diseases and subject to similar influences. Let them be once tried, and they will not be found wanting. A trial will cost the merest trifle; and it will be the best spent trifle of the reader's life.

THE MEDICAL PROFESSION.

THE most important secular vocation is that of the physician. Especially is it so in those portions of the country where the inhabitants are exposed to periodical diseases. It is an unspeakable mercy to any community to have in it a good and skilful medical man; an unspeakable curse to have one that is unskilful and unprincipled. Of the good kind there are *thousands* in the

land; men who honor their noble profession, and bless mankind. Often are they to be met with in even the remotest country settlements; patiently pursuing their toilsome and often ill-paid labors. Of the bad kind there are *tens* of thousands; not only bunglers and blockheads, but making sad work by their bold and reckless experiments. A few weeks ago we received a letter from a highly respectable planter in Mississippi, in which he says: "We have come to the conclusion to prescribe for our own people, instead of calling in a physician to *experiment* upon them, as is usually the case. I have suffered much by these experimenting physicians, and am perfectly convinced that nine-tenths of them are unfit to prescribe for the most simple disease. It is but a week since I lost a valuable hand from a want of knowledge on the part of the physician. We not only see our hands die, but we are immediately followed up by a large medical account. I, for one, am determined to try what your vegetable remedies and good nursing will do."

The vocation of the physician is one which imperatively demands a high order of talent; acquirements the most varied and profound, joined with feelings alive to the sufferings of humanity. His business is with the most delicate of all mechanism, the human body. *Life*, under an overruling Providence, is in his charge! No wonder, then, that as the conscientious physician acquires experience by a long practice, he becomes more prudent; more impressed with the dignity and dangers of his high calling.

Not so with many members of the profession; men who exemplify in their reckless practice that line—

"And fools rush in where angels fear to tread."

Hundreds of this class are annually let loose upon the community. Armed with mercury, opium, and the lancet, (valuable agents in their place, no doubt,) they seek some town or neighborhood in which to settle.

Being regularly licensed physicians no questions are asked concerning their qualifications; certainly no very serious doubts are

entertained respecting them. They are called to the bed-side of the sick. Perhaps a beloved child is the patient. The pale and sinking sufferer is scarcely able to bear anything but *nursing*; certainly nothing but the gentlest medical treatment. But the "heroic" blockhead flies to the lancet or to calomel, or to some other agent of terrible power. The sinking child moans out its brief life a martyr to the treatment. And even if Nature triumphs over the treatment, and the child lives, it is poisoned with mercury, perhaps, and carries the taint in its blood through a long and weary life. This is not fancy's sketch, as thousands of our readers will testify.

It is important to every family that they should always have at hand some safe, reliable, and efficient *family medicine*, to which they may resort upon the first appearance of indisposition of their household; the more especially if they have not the *most implicit* confidence in their physician. Ordinarily speaking, a family will have little occasion for a physician, if on the very first appearance of illness, immediate recourse be had to some good medicine and to careful nursing.

It is not our wish to disparage the medical profession. Far, very far from it, as will have been seen by our remarks. Some of the strongest advocates of the Graefenberg doctrines are medical men. We have numerous letters from among their number, among which we have room but for the following:—

A celebrated physician writes thus—"I am a physician of the old school, and having noticed in a recent paper a copious column on the subject of an article styled, 'The Graefenberg Medicines,' and perceiving that the author builds his theory on *the only legitimate rock of truth*, viz., 'the blood is the life,' its purity the only security of health, I have ventured to inquire whether a General Agency may be obtained," &c.

We shall always defend, to the utmost of our ability, the good physician. In turn, we wish from them a fair trial of our incomparable remedies. *Trying them, THEY WILL USE THEM IN THEIR PRACTICE.*

FACTS.

IT IS A WELL-KNOWN FACT, that in each and every square inch of the human body there are thousands of pores !

IT IS A WELL-KNOWN FACT, that these pores are the natural outlets of two-thirds of all the fluids that are taken into the stomach. A portion of this evacuation by the pores, is in the form of *insensible perspiration*. Hence the moist and agreeable feeling of the skin of a person in health; of one whose pores are open and doing the duty designed by the God of Nature.

IT IS A WELL-KNOWN FACT, that the moment these millions of pores are clogged up or diseased in any way, a person is unwell. *Just feel the skin of a person in a fever.* It is dry and hot; no moisture is upon it. As the patient grows worse the skin becomes drier and hotter and more flushed. The moment the skin gets relief, the patient begins to mend. A good physician *always* judges of the state of his patient, in a greater or less degree, by the skin; and he rejoices when he feels it returning to a cool and moderately moist condition. Ask the first physician or nurse you meet if this is not the fact. The answer will be *yes*.

This great principle of our nature lies at the very foundation of almost every disease, and almost every real remedy. What is a common cold but a feverish state of the system, growing out of the stoppage of the countless *pores* of the skin? The perspiration is obstructed; a cold sets in; then a cough: then inflammation of the lungs; or inflammation of the liver, or of the mucous membrane which delicately sheathes the throat, the internal passages, &c. *Almost all diseases thus set in.* This is beyond a question the truth. Under these circumstances, what does common sense teach, as the true method of cure? Does common sense teach that the person should be bled, or purged with mercurial poisons? Does common sense teach, that *purging alone* is sufficient to insure an easy, natural and radical cure? NO! It teaches that all the functions must be set to work in

their due and harmonious relations; *more especially the pores* ; to expel disease and institute the healing process.

IT IS A WELL-KNOWN FACT, that the vast importance of this philosophical principle is beginning to be appreciated. Hence we see the efforts making to call public attention to the necessity of a healthy skin. The public will not rest satisfied with the old humoral doctrine and practice of PURGE, PURGE, PURGE. It is beyond doubt that proper purging is necessary; but the work is but begun with purging. *Every* function must be operated upon, and made to act in harmony. To accomplish all this with certainty is the work of the Graefenberg Vegetable Pills.

IT IS A WELL-KNOWN FACT, that the various Pills now before the public, do *not* answer the great want of the community; nor give satisfaction to those who use them; nor fulfil what the venders of them promised.

As simple Purgatives; compounded in almost every instance of aloes, gamboge, scammony, and similar drastic, drenching medicines; they give good satisfaction. But BEYOND THIS THEY HAVE NO VIRTUE. They relieve the bowels of their contents; but here their work *stops*. They have no power over other functions, and hence they fail of permanently curing diseases.

IT IS A WELL-KNOWN FACT, that a sea voyage is frequently serviceable in the early stages of Liver complaint and Consumption. Why is this? Because the slight nausea which such persons constantly feel at sea, *produces an increased action of the skin*, and thus relieves the lungs and the liver from their inflammatory action. The same effect will *positively* be produced by the use of the Graefenberg Medicines; provided the directions accompanying them be strictly followed. Not a single case of incipient consumption but can be radically and speedily cured by this course. On this point the reader may place the most *implicit reliance*.

IT IS A WELL-KNOWN FACT, that in all febrile diseases, such as BILIOUS FEVERS of all kinds; DUMB AGUE; FEVER AND AGUE, and the like, the skin is one of the first things

that **MUST** be attended to. We say **MUST**, because there is no alternative. We may purge and bleed and blister and nurse; but not until the skin is attended to, can health be restored. The following remarks from "**BEACH'S FAMILY PHYSICIAN**" are much to the point:—

"Evacuations from the skin invariably lessen the force of the heart and arteries, by taking from the circulation every agent which is useless or injurious: and, by relaxing the constriction of the surface, they remove congestions by a determination of blood to the extreme vessels; and, in a word, lay the axe, as it were, at the root of the disease.

"No sooner does perspiration break out in a febrile patient, than there is a mitigation of all the symptoms; the dry, pale, and husky state of the skin is removed; the balance in the circulation is restored, and very often a violent attack of fever is cut short as soon as free sweating takes place. The object then should be immediately to restore perspiration, and continue it throughout the course of the fever; not violent sweating, but moderate perspiration, or a gentle moisture of the skin. It is by this moisture, or the dry and parched state of the skin, that we form a favorable or unfavorable opinion of the fever. If natural perspiration cannot be produced, we predict danger. On the contrary, if it can be promoted and kept up, we predict a favorable issue."

COUNTRY PHYSICIANS AND COUNTRY RESIDENTS.

THE COUNTRY PHYSICIAN frequently labors under a lamentable difficulty from the *bad quality* of the drugs and medicines which he purchases from the druggists. In no one department of his practice does he find more embarrassment and anxiety than in this. He visits a patient in whose case he feels a deep interest. The patient is at the crisis of the disease, when the most accurate treatment is **INDISPENSABLE**. The slightest mistake or

ill adaptation of medicine, is at this moment fatal. Now comes the intensely anxious thought—*is* this medicine, to which I must now resort, pure, and of a reliable strength? Is it an article on which I can risk the life of my suffering, sinking patient? Sad experience has taught him that as a general rule druggists are utterly regardless of the quality of the medicines in which they deal. With them aloes are aloes; opium is opium; scammony is scammony; no matter what their degree of purity or impurity may be. This fact, of which the country practitioner is painfully cognizant, is keenly felt at this crisis in his patient's disease. But the medicine is the best which his circumstances have enabled him to procure, and he *must* give it. There is no alternative. Frequently he has to contend with a foe without a perfect knowledge of the strength of his weapons.

No wonder then that medical men see their patients sink while the treatment is in the strictest obedience to the rules of a sound practice. The difficulty is not in the want of skill and attention, nor in a correct judgment.

So it is also with residents in the country. They need, perhaps, a sure, though an easy *purge*; one which does not contain POISONOUS MINERALS; a purge which, while it evacuates and cleanses the stomach and bowels, gives tone and strength to the system. The same uncertainty as to the quality of medicines which are on sale at the shops, exists in their case as in that of the physicians; and they frequently get an acrid, griping, sickening, drastic purge; or else one which will scarcely operate. The truth is, that the poor, cheap articles usually sold as medicines in the country, are scarcely fit for horses and cattle. *They are far from being proper for the delicate mechanism of the human body.*

Often have we seen in the log-houses of the North, South, West, and South West, the wretched medicines we refer to.

PERSONAL BEAUTY.

THERE IS SCARCELY A PERSON IN THE WORLD who does not desire to possess a good personal appearance. The plainest looking person will instinctively stop in front of a looking-glass, and rapidly adjust the hair, or the dress, and the appearance of his person. This is true of all mankind, in all ages and in all countries. The savage upon the islands of the far South Sea will importune the stranger for a piece of looking-glass; and when obtained, it is deemed an invaluable treasure. The beautiful flower called the *Narcissus*, which may be seen in almost every garden, brings to mind a story in point. "*Narcissus*," as the story runs, "was a beautiful youth, born at Thespis, in Beotia. He often repaired to a limpid fountain, there to see his face reflected in its mirror-like surface. After a while he became enamored of it, thinking it to be the nymph of the place; and the silly fellow tried and tried in vain to approach the image. At last he grew desperate, and killed himself; and his blood was changed into the flower which bears his name." This little heathen *myth*, is not uninteresting in this connexion.

PERSONAL BEAUTY is necessarily dependent, in a very great degree, upon the condition of the *skin*. It was to their great care of the skin that the ROMAN LADIES were indebted for that transparency of complexion which they possessed. The Greek Mythology represents the goddess of love rising from the sea: indicating, that washed, refreshed and purified in the deep waters, she made herself beautiful. How much does a fresh and transparent complexion add to the beauty of both man and woman! How few Americans really possess that charm! *And yet there is scarcely a person that might not have a good complexion.*

In a rare and valuable English work, which treats very scientifically of Beauty and the Complexion, we find the following judicious remarks:—

“Between the vessels of the liver which separate the bile from the blood and the skin, there exists the strongest companionship of any in the body. We cannot, of course, here go into the particulars of the disorders of the liver and the bile, but so much does the state of the skin depend on healthiness of the liver, that we hesitate not to say, that no washes nor external applications give permanent beauty to the skin, until the digestive organs be freed from disorder, and all liver and bilious complaints be removed. It is well known that perspiration and the formation of bile proceed uniformly together, at all ages and in all climates. As we approach warm latitudes, bile and perspiration increase; in cold latitudes they proportionably diminish. Bichat found by experiment, that during the first process of digestion the flow of bile is diminished, and the outlet of the stomach closed; but as soon as the food passes from the stomach the bile flows copiously. With respect to the skin, the perspiration is diminished during the preliminary process of digestion, but increases as soon as the bile flows upon the digested food. Invalids who return from the East or West Indies, with a diseased liver, generally present a skin harsh and dry, with little of the moisture or softness of health. Whenever the skin is dry and harsh, there is an obstruction of the bile; when it is greasy and too prone to perspire, the bile is too abundant, and medical advice should be taken.”

THE SKIN.

THE external covering of the body, as is well known, is a soft, pliant membrane, called the *skin*, which protects the more delicate substances beneath it from injury; but it is less generally understood that this covering is not confined to the outer surface only. It continues over the lips and up the nostrils; lines the mouth and tongue: and still continuing onward, covers and lines all the parts of the throat; lines the windpipe,

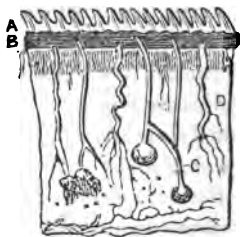
and extends through its innumerable branches in the lungs—lining all the passages and cells, and presenting to the air which enters the lungs an extent of surface equal to the whole external skin which covers the body, or as some think, much greater. The skin also continues down the food-pipe, lining it and the stomach, and the whole intestinal canal and the ducts which open into it. In this manner, it may be said that the skin has neither beginning nor end, but is a universal and continuous coating of the body inside and out.

Throughout its whole extent, the skin consists of three layers, one over the other. The outermost, or cuticle, is an exceedingly thin substance, which may be observed to peel off when the hand is accidentally frayed, or when it is raised by a blister; the next is a layer which contains the coloring matter, giving, as the case may be, a shade from the slightest tan to the sooty black of the negro; and the third or lowest is the true skin, a thick layer, which, when taken off animals, is tanned into leather. As a whole, the skin is much more thin and delicate at one part than another, that upon the soles of the feet and palms of the hands being, by constant use, the thickest and most durable, and that within the mouth, lungs, &c., being excessively fine, and easily injured. As respects these inner parts, the skin is usually spoken of as the mucous membrane—the membrane which is moist with a mucous fluid.

Besides answering merely as a covering to the body, the skin performs various useful functions in our general economy well worth knowing. On examination with a microscope, it is found that the lower or true skin consists of a vast combination of glands, ducts, blood-vessels, and nerves, the whole of which, communicating with the interior on the one hand and the surface on the other, are concerned in keeping the general skin in order and the body in health. Of the nerves, which are universally distributed over the surface, it is here only necessary to say that they are the instruments of the sense of touch, and convey to the mind the consciousness of pleasant or unpleasant

sensations. As an organ of sensation, therefore, the skin acts an important part, and on this account alone the keeping of it in a healthy condition, is deserving of careful consideration. Our interest at present, however, is confined to the functions of exhalation and absorption. An unthinking person would suppose that the surface of the body, from its general smoothness, was so close in texture that neither air nor liquid could pass readily through it. Such would be a mistake. The whole membrane may be likened to a sieve. Throughout its entire extent, externally and internally, there are a multitude of small holes or outlets, so closely set together, that we could not anywhere puncture ourselves with the point of a needle without touching one of them. These holes, called *pores*, communicate with the ducts beneath, and these ducts terminate in glands or receptacles in the muscle.

In the annexed cut we offer the representation of a section of a piece of skin greatly magnified. The surface is covered with small conical eminences, marked A, called *papillæ*; in these are the extremities of the nerves of sensation, and also the outlets or pores. B marks the layer containing the coloring matter and the true skin; the ducts, marked C, supply nourishment to the skin; and those of a spiral form, marked D, convey the perspiration to the surface. Intermingled with the whole are numerous blood vessels and nerves.



By the apparatus now described, portions of the fluids no longer required in the system are conveyed to the surface of the body, when they escape into the atmosphere usually in the form of vapor, but sometimes as perspiration. In the extreme heat of summer, or when engaged in hard work, this liquid exhalation is very apparent. Not being observable in ordinary circumstances, it is styled the *insensible perspiration*. In this office of an exhaler, the skin acts as an auxiliary to the lungs, which

throw off more copiously the waste liquid of the system in the form of vapor and deteriorated air. The amount of these two kinds of exhalation—the cutaneous or skin exhalation, and pulmonary or lungs exhalation—has engaged the inquiries of various writers on human physiology: two Frenchmen, Lavoisier and Seguin, having had the honor of presenting the most accurate survey of the subject. Dr. Andrew Combe, in his valuable treatise on the Physiology of Health, alludes as follows to the result of Seguin's investigation. He found that "the largest quantity of insensible perspiration from the lungs and skin together amounted to thirty-two grains per minute, three ounces and a quarter per hour, or five pounds per day. Of this the cutaneous constituted three-fourths, or sixty ounces in twenty-four hours. The smallest quantity observed amounted to eleven grains per minute, or one pound eleven and a half ounces in twenty-four hours, of which the skin furnished about twenty ounces." The medium or average amount was eighteen grains a minute, of which eleven were from the skin, making the cutaneous perspiration in twenty-four hours about thirty-three ounces." As seventeen ounces of water at an ordinary temperature are equal to about a pint, it appears that a man in good health and general circumstances exhales through the skin, nearly two pints of liquid daily. That such a large quantity should escape unnoticed, seems indeed strange; but, as Dr. Combe goes on to observe, "When the extent of surface which the skin presents, calculated at 2,500 square inches, is considered, these results do not seem extravagant. But even," says he, "admitting that there may be some unperceived fallacy in the experiments, and that the quantity is not so great as is here stated, still, after making every allowance, enough remains to demonstrate that exhalation is a very important function of the skin. And although the precise amount may be disputed, it is quite certain that the cutaneous exhalation is more abundant than the united exertions of both bowels and kidneys; and that, according as the weather becomes warmer or colder, the skin

and kidneys alternate in the proportions of work which they severally perform, most passing off by the skin in warm weather, and by the kidneys in cold. The quantity exhaled increases after meals, during sleep, in dry warm weather, and by friction, or whatever stimulates the skin; and diminishes when digestion is impaired, and in a moist atmosphere."

Some years ago, Dr. Smith made investigations as to the extent of loss by perspiration during hard labor in a heated atmosphere. Eight workmen, in a large gas-work in London, where they are required to work diligently, and be exposed to a high temperature at the same time, were weighed before going to work, and immediately afterwards. In an experiment in November, they continued to work for an hour and a quarter, and the greatest loss sustained by any one man was two pounds fifteen ounces. In another experiment in the same month, one man lost four pounds three ounces in three quarters of an hour; and in an experiment of the same kind in June, one man lost as much as five pounds two ounces in an hour and ten minutes. It must be borne in mind, however, that this extraordinary difference was not caused by any direct loss of bodily substance, but by a diminution of general weight, resulting from the decomposition of the food recently taken, as well as from the exhalation of other waste fluids then lurking in the system. The experiment is here narrated for the purpose of impressing on the mind the magnitude of the operations which the skin, as an exhaling membrane, has sometimes to perform.

As nature does nothing in vain, we may ask what has been her design in causing such an exhalation of vapor and liquid from the body? The design has been the purifying of the system. The lungs are a cleansing apparatus; they inhale air in a pure condition, and having absorbed its valuable property, oxygen, they expel it in a vitiated state. This vitiated air, known by the name of carbonic acid gas, when drawn back into the lungs without any mixture of atmospheric air, soon causes suffocation and death; and even when mixed to any extent with

pure air, it cannot be drawn into the lungs without injury to health. So, also, are the pores of the skin a cleansing apparatus, and, as mentioned, they are auxiliary to the lungs. The two apparatuses work towards the same important end, of throwing off decomposed and useless matter, and are in such close sympathy with each other, that when one is deranged, the other suffers, and health is consequently impaired. Thus, in all the irritations and affections of the external skin, the mucous membrane of the alimentary canal and lungs sympathises directly and powerfully; and, on the other hand, any derangement or affection of the mucous membrane at once acts upon the skin and its pores.

Besides their exhaling functions, the pores and other minute organs in the skin, absorb air and moisture from the atmosphere, though less actively than the lungs, and are therefore, inlets as well as outlets to the system. When the pores are in a state of great openness, or relaxation from heat, the power of absorption is materially increased. Hence, contagious diseases are more readily caught by touch when the body is warm and moist, than when dry and cold. A pure and bracing atmosphere is well known to be more conducive to health than one which is heavy and relaxing.

When the skin is in a proper condition, and the atmosphere pure, the vital functions, suffering no impediment from external circumstances, proceed with the requisite energy, and the feelings enjoy that degree of buoyancy which is the best criterion of a good state of health. Of the evils arising from a vitiated atmosphere, particularly in dwellings, we shall afterwards speak. Meanwhile, we confine ourselves to the injuries likely to ensue from a derangement of the perspiratory organs in the skin. The derangement most to be avoided is the stopping of the pores, and consequent suppression of the insensible perspiration. Sudden exposure to cold, after being heated, ordinarily produces this effect. When it occurs, the duty of expelling the excess of matter which would have escaped by the pores is thrown upon the lungs, the bowels, or the kidneys, causing undue irritation and

disorder. Very commonly the lungs are the readiest to suffer. They become clogged with phlegm, which produces an irritation, and this irritation causes a cough, and with the cough expectoration, (spitting.) In instances of this kind, the sufferer is said to have a *cold* ; but, correctly speaking, his pores have been shut by some cold exposure.

When in a perfectly healthy condition, the skin is soft, warm, and covered with a gentle moisture; the circulation of the blood is also in a state of due activity, giving it a fresh and ruddy color. The degree of redness, as, for instance, in the cheeks, is usually in proportion to the exposure to the outer atmosphere; such exposure, when not too severe, causing active circulation of the blood, not only throughout the body, but to the most minute vessels on the surface. Hence the pale and unhealthy hue of persons confined to the house and close sedentary employment, and the ruddy color of those who spend much of their lives in the open air. When the exposure is too severe, or more that can be conveniently counterbalanced by the animal heat, a chill, as already stated, is the consequence, and the skin assumes a pale appearance, the forerunner, it may be, of bodily indisposition; the insensible perspiration has been suppressed, and the lungs have got into a state of serious irritation. Warmth and other remedies restore the healthy functions of the pores; but when the cold is neglected, inflammation of the bronchiæ, or air-tubes communicating with the lungs, or some other pulmonary affections ensue, the lamentable issue of which may be—death!

The danger of suppressing the perspiration is increased by another circumstance. Along with the liquid exhalation passes off the superabundant heat of the body. If, therefore, we check the insensible perspiration, this superabundant quantity of heat is unable to make its escape by the surface, and returns upon the vital organs within. Fevers, rheumatism, and other dangerous maladies, are the consequence of this form of derangement, the end of which is too often—death! In the great number of cases, the skin may be said to be in a condition neither precisely heal-

thy nor unhealthy, but between the two. The pores, partially clogged, are unable to expel the insensible perspiration with sufficient energy, and the kidneys and lungs are correspondingly charged with an excess of duty—not perhaps to a degree sensibly inconvenient, yet in some measure detrimental to general health, as well as to the activity of the mental functions dependent on it.

In reference to the employment of the services of intelligent physicians, when acute diseases make their sudden and violent attacks upon the vital principle, this institution does not advise the public to dispense with them. But it is our peculiar province to furnish an intelligent people with such advice and such medicines as may be resorted to without consulting a physician; by the timely use of which, the invasion of acute disease may be prevented, with its train of minor ills and chronic affections; to say nothing of the frequent fatal consequences resulting from the deficient or baffled skill of the faculty.

In concluding these remarks we say, in all sincerity, that we by no means consider it a light matter to seek to induce the public to entrust to our skill their health and their lives; nor for us to accept the heavy responsibility which the purchase and use of our remedies, as a matter of course, imposes upon us. Our confidence in these medicines is the result of the sincere and conscientious belief we entertain of their excellence, and their power to accomplish as much as human means are competent to achieve. The establishment of our institution was the result, not of any sudden freak, but of deep and mature reflection, running through a long series of years; of extended reading, travelling and observation. Libraries have been ransacked for our purposes at home and abroad. Some of the wisest men in Europe and America have been consulted. Large sums have been expended to secure the co-operation of the best talent in both hemispheres; and if we were to mention the prices paid for the secret processes of preparing some of our remedies, after their value had been incontestably established by thousands of trials, the reader would be

startled at their magnitude. In this particular we have taken the stand formerly held by the royal governments of Europe, by whom sums as large as ten and twenty thousand dollars have been several times given for secret recipes, which had proved highly successful. Loftily, however, as we estimate our own preparations, we by no means desire to be understood as saying that they can never fail. This would be to imitate the recklessness of the charlatan. But we *do* say, if they should fail, no evil consequences *arising from the medicines, can or will ensue*. They contain no insidious ingredient calculated to penetrate into the inmost recesses of the body, to gnaw its vitals, destroy its nervous system, create corrupting incurable ulcers, poison the blood, curse the offspring, curtail life, and render the remaining balance of it a miserable burthen. Professor Rafinesque, that learned and accomplished scholar, affirms that "*Vegetable substances afford the mildest, the most efficient and most congenial remedies to the human frame.*" With this wisdom we most heartily feel proud to coincide. The medicines of our Graefenberg institution are **PURELY VEGETABLE.**

MANUAL OF HEALTH.

PART III.

PRELIMINARY REMARKS.—As a few hygenical strictures may be expected to precede this portion of our subject, we beg leave to offer our readers the following observations on what the Physicians formerly called the non-naturals. The necessary rules for the preservation of health are intelligible to the meanest capacity, and may be comprised in a small compass. No one can be exculpated, therefore, who is ignorant of the means whereby so valuable a blessing may be continued.

A dry AIR is extremely desirable, and large rooms, or such as will admit of frequent ventilation from fresh currents of air. To sleep in a room that has no chimney in it, or said chimney stopped up, is highly improper, and it is no wonder that persons who are guilty of such indiscretion, are great sufferers by it. Not long ago, eighteen charity children and a servant slept in one apartment in London. In order to render the room warmer, they shut up the chimney and used every other means to exclude the fresh air; the consequence of which was, that the servant and ten of the children were seized with various alarming symptoms of a disorder nearly similar, accompanied with excruciating pains, convulsions, &c., &c.

With respect to DIET, the calls of nature ought not to be disregarded; they are sufficiently audible, and it is at our own peril that we resist their importunity. The bad effects of eating or

drinking too much, are easier to be removed than those which arise from inanition. Nature has made no provision against the consequences of starving ourselves. An acrimony of the fluids proceeds from frequent fasting, that is scarcely conquerable by the power of medicine. To those who look on fasting as a religious duty, we have nothing to say: but as flagellation is also considered in the same light, to bare the back and receive a few hasty lashes would be certainly the most eligible alternative. To adopt the plan of Cornaro in these latitudes would be the height of folly. Dr. Cheyne and others, with their vegetable regimen, have been the cause of infinite mischief to valetudinarians. As refusing to eat when we are hungry and to drink when we are thirsty, are prejudicial to health; in like manner, to continue eating for the sake of pleasing one's appetite, or drink when we feel no inclination for it, must undoubtedly affect our health; those who are so wise as to make their meals of one principal dish, will scarce ever offend in the first point, and none but incorrigible sots will be guilty of the latter. To rise with an appetite, though a very frugal and common maxim, is an exceedingly bad one. He who obeys the dictates of nature, that is, his own internal feelings, will not err, but eat till he finds himself satisfied, for there is no other method for ascertaining the *quantity* necessary to be taken. As for the *quality* of diet, it is of little importance to persons in health, though animal food is incontestibly preferable, and to which the vegetable ought to be greatly disproportionate; for the diseases which arise from the latter, are by far the most crabbed and refractory.

We say then to those who are in health and who wish to remain so, that *good* blood can only be made of *good* materials. How absurd the position of anchorites, that good, nutritious blood, the life of the body, may be made of slim and slender fare! No! we contend that from the cradle to the grave, people should, if they can, live well. The diet should be nutritious, good and suited to the state, age and temperament of the party. For the hearty, vigorous, hungry adult, what more grateful than

tender beef-steaks and roast beef; for the tender healthy infant, what more desirable than the prescription of the wise man, "plenty of sleep, plenty of flannel, and plenty of milk?" But what, at the same time, more unnatural than to reverse the proceedings, and to give the milk to the hard-working adult, and the roast-beef to the squalling babe? However, while thus counselling good living, our readers must not misapprehend us, and fancy us as advising gormandising and gluttony. We consider living too high and living too low, as both grievous evils. But of the two, as we have already said, the latter is attended generally, by the worst consequences.

A word to those who lead sedentary lives and unnaturally tax the brain, the sun of the human body. We mean literary men, lawyers and divines. We see in our cities and villages, that tailors, seamstresses and others, sit all day and day after day at their work, and yet enjoy very good health. Why this difference? There is not the same strain upon the brain and the nervous system. If to this mode of living of the literary tribe, we add a slender diet and little or no exercise, what can we expect but the most disastrous consequences, disease, insanity and death? No literary man can expect a long career, who neglects his diet and the laws of health, and who will not so divide his time, as to afford him frequent opportunities for proper and sufficient exercise.

The same considerations we advanced in reference to the *quantity* of food, hold good with respect to *SLEEP*; which in the *young* and the *old* ought to be indulged, but never to be solicited by lying in bed late. To arise early in the morning, (as by all allowed,) is greatly conducive to health.

EXERCISE is so absolutely necessary, that it is impossible to continue long free from disorders without it; nine-tenths of those which are incident to human beings originate from indolence. The price of health is activity, and the slothful are unequal to the purchase.

We are of opinion, that due attention is not paid to the development of the muscles of the human body by proper exercise,

as our children approach the period of man-hood or woman-hood. The development of the chest or bust of our girls is particularly neglected. It is a great mistake. At the critical period of undergoing a very important change in their constitutions, when a great deal of active exercise, especially of the arms, is imperative, they are too often permitted to devote themselves to sedentary occupations to the great peril of their health. In Europe, above all, in England, this is not so. There, the matter is better understood, and their women generally are healthy and robust. They walk, they ride, they have gymnastic exercises; the skipping-rope, the dance, and the various sports suitable to girl-hood are not neglected. Under proper guidance, they may romp to their heart's content. And what prettier object can there be, than a fine healthy girl with her cheeks all in a glow from a gleesome and innocent frolic with her companions? The exercise of the lungs by singing, is also highly useful. It tends to soften the temper. In Germany, the man or the woman, the boy or the girl that cannot take a part at a moment's warning, either with the voice or some instrument, in a family concert, is looked upon as a mere cumberer of the ground. The consequence is, that consumption is comparatively rare in Germany. Music, above all, the cultivation of the voice, should form a part of the studies of every school in the country. It is an admirable vehicle for inculcating patriotic and religious sentiments. And wherever it has been tried, experience has shown, that it causes children, instead of dreading, *to love their school*.

But exercise is not to be abandoned when these important periods are gotten over. A proper quantity of it is always necessary, for nothing can be truer than that health depends upon a due alternation of action and repose. They *must* follow each other as the day and the night, and *vice versa*.

Electricity, Magnetism, Galvanism, Electro-Magnetism, all modifications of one and the same power, are too well known to require much comment. They are decidedly excitant and repellant. All have been employed in general and local palsy,

nervous blindness, deafness, dumbness of recent duration, asthma, rheumatism, neuralgia, tic-doloureux, &c. The effect however, which galvanism exerts on the contractibility of the muscular fibre, and the great similarity in its action to the nervous influence, has led to its employment more frequently in the various nervous and spasmodic diseases referred to, and in others belonging to the same class. Resting on his views of the absolute identity between the nervous and galvanic fluids, Dr. Wilson Philip, of London, employed it in many diseases and especially in asthma. Since then it has been repeatedly used in that disorder with considerable success. There are, no doubt, cases in which the exciting and repelling powers of the instruments used for these purposes may be employed with advantage.

To those who may be desirous of using them, the Graefenberg Company has made the requisite arrangements to provide with a very superior article, the very best in fact made in America.

COSTIVENESS of the body, though for a surprising length of time not inconsistent with a perfect state of health, yet should not be connived at; the intestinal canal ought to be kept open by an occasional vegetable pill or so, and a daily solicitation at a particular hour at the jakes, (which after a sufficient number of trials is sure to succeed,) for one motion in the twenty-four hours is a desirable circumstance and well worth our endeavoring to procure. As to the rest of the excretions, nature is the best guide for the management of them, if they abound in quantity the stimulus felt will be a sufficient warning for the necessity of evacuation.

The proper regulation of the **PASSIONS** of the mind is of the utmost consequence towards the establishment and continuance of health. He who would enjoy perfect health and long life, should cultivate a perpetual cheerfulness, and maintain a fixed resolution to be pleased with whatever may befall him; this satisfaction and content is within the reach of every one. But he who is constantly repining and fretting for the possession of some visionary bliss, or toiling in the ceaseless pursuit of that

which he thinks he has a right to expect the possession of, must not wonder if his health shall be impaired by the delusive chase. Persons who indulge this wayward disposition, easily irritable, and attentive only to that which seems faulty and disagreeable to others; if everything they could wish for were at their command, would make shift to be as peevish and uneasy as if they had real cause for discontent. Subordination is indispensable, and the foot may as well refuse to perform its functions, because it is not the head, as man become dissatisfied with his state. Every one has an undoubted right to meliorate his condition if he can, but such attempts are by no means inconsistent with the indulgence of continual good humor, with suffering the mind to dwell only on pleasing images, and with acquiescence under disappointment. Nature has indented with us for nothing but food and raiment, and some time ago a wise and good man had learned to be quite contented with *them*. Let us add, as another means, tenderness to all the animal creation. This softens the mind and endues it with an aptitude for the reception of pleasurable sensations, and of the finest feelings of the human heart. It is in the power of every one to exert his efforts to contribute to the pleasure and felicity of all with whom he is connected, even in the minutest incidents. Seek by all possible means the happiness of others and you will find your own in the way. In a word, health is to be secured by being *active* and *virtuous*.

Let the same procedure be recommended to our fair countrywomen, with this additional argument, that to be *good* is to be handsome as well as healthy; nothing improves the beauty like cheerfulness, good-nature, and a desire to please. Health, virtue and beauty are too strongly attached to each other to be separated for any length of time; they are the fondest friends, and like other friends, by their amicable provisions, mutually improve each other. Health adorns the countenance with attractive sweetness; virtue animates every feature; beauty gives them the highest finishing, and all unite in filling the eyes with enchanting and irresistible charms.

BLEEDING.—"It is a melancholy fact," says the celebrated Dr. Maryatt, "that I have met with more disorders which are occasioned by bleedings, than from all other causes whatever. To assign a reason why the northern regions of Europe were formerly so extremely populous, has puzzled many. That affair may perhaps no longer continue mysterious, when it is considered that they were strangers to the use of the lancet and calomel."

VEGETABLE REMEDIES.

What wonders are connected with the growth of the simplest plant that springs from the earth! We bury the tiny seed an inch or two below the surface of the ground. It is a small, dry, tasteless thing, scarce distinguishable from a grain of sand or of gunpowder. We leave it in the earth. Our work is done. We have no power to bid or make it grow. In a few days this little seed is decomposed and crumbles to pieces. Were we to try to find it we could not; it having become to all appearance, a part of the earth itself. *But not so!* It hath borne within its dry and unseemly husk a higher life. This latent life now sees development. From the little germ, invisible to the most powerful microscope, comes forth a "new body." Anon it struggles up to the surface, to receive from God's blessed sunlight, and dew, and rain and air its appropriate helps. It now takes on form, and feature and fragrance; and becomes fruit, or flower or food or healing herb, as God shall see best. It is announced by the Divine Wisdom, that all these are "*for the service of man;*" that in the domains of what we call Nature, there is everything requisite to feed and heal the body. It should be a source of the most inexpressible joy to the sick to *know* that God is mindful of human maladies; to know that His wisdom has ordained instrumentalities that are adapted to disease.

For many long centuries mankind were content to use the wonderful remedies that thus sprung from the earth. The conse-

quence was that men were long-lived, healthy and strong. Diseases were fewer in number, and less virulent. Many modern complaints were utterly unknown. But in an evil hour vegetable remedies were partially abandoned, and *minerals* adopted. How strange it would appear to us, (did we not know the fact,) that sensible men, calling themselves physicians, should substitute for *vegetable* agents (in themselves easily acted upon and soluble by the stomach,) *metals*, in themselves entirely insoluble and beyond the control of the stomach! What should we think of giving men powdered granite to eat? Just as wise is it to give them metals to heal them.

The ancients were utterly ignorant of the internal use of metals, with the exception, perhaps, of iron. But in the year 1493, was born, near Zurich, in Switzerland, a man who was destined to make the great change we have spoken of. His name was PARACELSUS. He it was who FIRST USED MERCURY INTERNALLY.

The fundamental doctrine of this man was, that the human body is composed of *salt, sulphur and mercury!* and that his metallic medicines had the power to act upon these component parts and cure disease! Wretched doctrine indeed was this! He forgot that the body is a living tenement of the soul; endowed with the most sensitive vitality; its daily life and its daily waste kept up and supplied by daily food, acted upon by the wonderful chemistry of the stomach, and carried thence by the million of little lacteals into the system. Wretched doctrine, to assert that this living, breathing, beautiful body is a mass of salt, sulphur, and mercury!

The personal history of the FATHER OF THE MERCURIAL SYSTEM, is strikingly illustrative of his medical views. He stated in the preface of one of his works, that "*the very down of his bald pate had more knowledge than all the medical writers of his day; and that the buckles of his shoes had more learning than Galen, and his beard more experience than all the Universities.*"

At length he invented a Catholicon which he said would prolong life to an indefinite period. But at the age of 48, he was

found dead, (probably caused by drunkenness,) with a bottle of his Catholicon in his pocket.

To such a man the world owes the curse we have alluded to. Happy for us is it that the Vegetable theory is again becoming triumphant.

It may appear that we have dwelt too long on this point. But it is one of the most vital importance; for mineral medicines are tainting the blood of our whole people. A celebrated professor of medicine in the University of Maryland, says in one of his able works—“*I suppose it is no exaggeration to say, that there is more calomel consumed in the Valley of the Mississippi and its tributaries, than in all the world beside.*”

A distinguished Physician furnishes the following infamous case connected with the abuse of mercury:—Some years ago I knew a Surgeon whom I then esteemed for his abilities, till he gave me the subjoined narrative. “A young gentleman,” said he, “whom I cured of a certain complaint, seemed to think much of paying me three guineas, (\$15.) Some time after, the same person was wicked enough to contract the disorder again. I told him *then* he must be salivated. Accordingly he took a lodging at Chelsea. I attended him daily for six weeks, and he paid me thirty guineas (\$150.) for his cure, without reluctance.” I immediately declined this gentleman’s acquaintance, for he who can take advantage of the ignorance or credulity of another is—I know no word in our language that will suit him. Imposition and oppression are the most detestable and unpardonable of all crimes. So much for salivation, a word I hope never to soil my paper with again.

DIGESTION.—Nearly a century ago, Dr. Thomas Marryat, of London, published an admirable work on the “Practice of Physic,” which went through several editions. In his preface he says: “With regard to the aliment that is most proper for persons who are indisposed, there is perhaps no point on which physicians so much and so widely differ. This consideration induced me to attempt, if possible, to arrive at some certainty with respect

to this intricate and momentous matter. I could conceive of no other way to do this, than by ocular demonstration of the changes made in the food by its continuance in the stomach, and marking the time requisite for the production of those alterations. Providing myself, therefore, with a few pieces of tin, some of a globular and others of a cylindrical form, fastened to small iron wires in which the substances used for aliment might be partly, and some wholly, enclosed; when I found that I could draw up my machinery from my own stomach without any pain, I thought that I might make free with some carnivorous quadrupeds and birds to assist me in my experiments. As my little family manifested no disgust at my treatment, I hope that they suffered no inconvenience from it. I was surprised to observe the difference between a piece of the same animal substance macerated in saliva in a degree of heat equal to ninety-eight of Fahrenheit, and that which had been continued in the stomach the same time at the same temperature. Having made my deductions with as much care and circumspection as I was master of, I ventured to recommend the use of such food to my patients as appeared from my experiments to be most suitable, and have found my expectations happily answered. I shall only say here, that contrary to the common notion, roast meat is easier digested than boiled, and that even the *bones* of chickens are sooner converted into an alimentary mucous, than *any* vegetable substance."

In 1825 to 1830, these views were fully corroborated in this country, by a singular series of experiments. A Canadian in Michigan had been accidentally shot in the stomach. The wound, after a long time, healed in such a way as to leave a hole in the stomach, covered by a membranous valve on the inside. This could be shoved aside with the finger, so as to allow the insertion and withdrawal of food, a thermometer, &c., &c. Dr. Beaumont, a Surgeon in the U. S. Army, availed himself of the opportunity to make innumerable experiments upon digestion, and has published the results, which fully confirm Dr. Marryat's conclusions. "The gastric juice," says Surgeon B., "is the

most general solvent in nature of alimentary matter,—even the *hardest bone* cannot resist its action.” The following are some of Beaumont’s results :—

List of Articles of Diet, with the time required for their Digestion.

Articles.	How dressed.	Time in di.	Articles.	How dressed.	Time in di.
		H. M.			H. M.
Rice . . .	Boiled	1 0	Mutton . . .	Boiled or Boiled	3 0
Sago . . .	—	1 45	Veal . . .	Broiled	4 0
Tapioca . . .	—	2 0	Veal Cutlets . . .	Fried	4 30
Barley . . .	—	2 0	Fowls . . .	Boiled	4 0
Milk . . .	—	2 0	Ducks . . .	Roasted	4 0
Ditto . . .	Raw	2 15	Butter . . .	Melted	3 30
Tripe . . .	Boiled	1 0	Cheese, Old Strong	Raw	3 30
Venison Steak	Boiled	1 35	Soup, Beef, Veget-	Boiled	4 0
Turkey . . .	Roasted or boiled	2 30	ables, and Bread	—	3 0
Goose . . .	Roasted	2 30	Soup, Bean . . .	—	1 30
Pig, Sucking . . .	—	2 30	Ditto, Barley . . .	—	3 30
Lamb . . .	—	2 30	Ditto, Mutton . . .	—	3 0
Chicken . . .	—	2 45	Chicken Soup . . .	—	2 30
Eggs . . .	Hard Boiled	3 30	Hashed Meat, and	Warmed	3 20
Ditto . . .	Soft	3 0	Vegetables . . .	Boiled	4 0
Ditto . . .	Fried	3 30	Sausages, Fresh	Roasted.	2 30
Custard . . .	Baked	2 45	Heart, Animal . . .	Boiled	3 30
Salmon . . .	Boiled	1 30	Beans . . .	Baked	3 0
Oysters . . .	Raw	2 55	Bread . . .	Boiled	2 50
Ditto . . .	Stewed	2 30	Dumpling, Apple	Raw	2 30
Beef . . .	Roast	3 30	Apples . . .	—	3 15
Beef Steak . . .	Broiled	3 0	Parsneps . . .	—	3 30
Pork Steak . . .	—	3 15	Carrots . . .	—	3 30
Ditto Fat and Lean	Roasted	5 15	Turnips . . .	—	3 30
Do. recently salted	Boiled	4 30	Potatoes . . .	—	3 30
Mutton . . .	Roasted	3 15	Cabbage . . .	—	4 30

DISEASES OF THE DIGESTIVE ORGANS.

In order to explain the diseases or derangement occurring in the organs of digestion, it will be necessary to give a brief and plain sketch of these organs and their functions in a state of health.

HEALTHY STATE OF THE ORGANS OF DIGESTION.—The due digestion of food and drink is of importance from infancy till adolescence, to supply materials for the increasing growth of the body, and afterwards to make good the wear and waste continually going on in all its parts.

One proof of the wearing of the body must have been observed by every one. On combing the hair, a great number of white scales fall from the head; and in wearing black silk stock-

ings, they are often found covered on the inside with similar scales. These scales are portions of the thin and insensible scarfskin, which has been worn and detached from its place. In the heads of infants, they sometimes become glued together by the matter of perspiration, and adhere again to the skin in form of a blackish grey crust. In cutting our hair and nails, we remove part of what is superfluous; but the loss is immediately supplied again from the blood.

In all the interior parts of the body, the same process of wearing is going on as we have just exemplified in the case of the skin; but as the scales, or the minute portions of fluid, cannot be thence removed, like the scales of the head, or the sweat of the brow, a system of vessels, called by anatomists the absorbents, is contrived to act the part of scavengers, and clear the body of its waste. These absorbents are found in all parts of the body. They run like the veins, in the direction of the heart, and uniting in a common canal, which enters the vessel that carries the digested food into the blood, where all the refuse and rubbish of the body, collected in their course, is emptied. This waste must accordingly pass into the blood; and it is carried with it directly to the lungs, and removed by the breath and the bowels. The breath and the bowels become loaded with much impure matter, thus carried off from the blood in the lungs and the intestines.

As the fresh blood, prepared from digested food, is indispensable in supplying this wear and waste, the importance of keeping the stomach and other organs of digestion, in a healthy state, will be obvious.

THE MOUTH AND ITS FUNCTIONS.—For the purpose of reducing our food, after it is cooked, into the form of a pulp or paste, we are provided with an apparatus more complete than those who have not examined the subject can conceive. The teeth are admirably adapted to grind the food; and the tongue, with its flexibility and its endless motions, to turn it in the mouth, while it is mixed with a fluid supplied in abundance from several pairs of fountains or glands in the vicinity, from which pipes or ducts

are laid, and run into the mouth. The whole surface, indeed, of the mouth and tongue, as well as the other internal parts of the body, give out more or less moisture; but this is not enough for the purposes of mixture with the food in eating, without the fluid, popularly termed spittle (*saliva*), prepared by the fountain-glands.

The art of the chemist can discover in the fluids produced from these glands little else besides water, a little mucous, and what is called by chemists the phosphate of lime. This is a substance of a very disagreeable smell, and when it abounds in the saliva, or forms crusts on the teeth, it makes the breath intolerably bad. The saliva is found to have a more extraordinary power than water of dissolving substances; and hence its great utility as a dissolver of the food. It has been estimated that about a pound of saliva flows into the mouth every day.

When the food has been properly masticated, comminuted, and mixed with saliva, it is prepared for the subsequent process of digestion in the stomach; but it is most important to remark, that if it is not thoroughly mixed with the fluid in the mouth, it will be unfitted for digestion, and will probably derange the health. So indispensable is this, that serious diseases, arising from indigestion, have been cured, simply by ordering the food to be eaten slowly, and carefully mixed with the saliva. It is worthy of remark, that no kind of drink will supply the place of this singular fluid.

THE STOMACH AND ITS FUNCTIONS.—When food has been well chewed, and mixed with the saliva, it is fitted for the rather complicated process of swallowing. The gullet, (*œsophagus*), which conducts it to the stomach, is a flexible membranous tube, plentifully supplied with a mucous fluid; so that if the food has not been moistened sufficiently in the mouth, it may not be interrupted in its descent by being too dry, while the contracting muscles force it onwards into the inlet of the stomach so powerfully, that the process cannot be stopped when once begun, even by an effort of the will.

The stomach of a man is capable of holding from three pints

to three pints and a half; though, by eating or drinking immoderately, it may be stretched out so as to contain somewhat more. While it is filled with food or drink, both ends of it are closely shut; and the fuller it is, the more firmly are its outlets contracted. When it contracts, its inner coat is puckered up into wrinkles.

Numerous theories, many of them fanciful, have been devised, to explain the process of digestion. The Greek physician, Hippocrates, thought that the food was softened by a sort of putrefaction. Galen, disliking this doctrine, ascribed the effect to something like the ripening and softening of fruits beneath a summer's sun, by the great heat of the stomach. Pringle, again, thought digestion similar to fermentation; Haller, to maceration; and Borelli and Keil, to the mechanical action of the stomach, grinding and bruising the food. During the reign of all these fanciful suppositions, they were ignorant of the existence of a digestive fluid in the stomach, which was first hinted at by Cheselden, and afterwards proved to be the principal agent in digestion, by the experiments of Reaumur, Stevens, and Spallanzani.

The fluid of the stomach is somewhat similar to the spittle of the mouth, being thin, transparent, without smell, and almost without taste. In animals which feed on grass, it is slightly alkaline: in beasts of prey, it is slightly acid; while in man, it is neither alkaline nor acid. Besides its high digestive power, which sometimes acts on the stomach itself after death, it has the property of rendering in a short time the most tainted and putrid substances perfectly sweet. Dr. Fordyce forced dogs to eat meat which was putrid and rotten, and on killing them, a little afterwards, he found the putrescency quite corrected.

Dr. Wilson Philip found, by opening the stomachs of animals, which had taken food after long fasting, and under other variations of circumstances, that the digestive fluid has little effect on the portion of food which is not near or touching the stomach; and it consequently follows, that only the thin portion of the food which is spread over the stomach is digested, and the rest has to

wait its turn. When this thin layer of food is thus digested, the stomach has the singular power of moving it forwards, to make room for another layer, by contracting very much in the same way as a worm does when it crawls. This passage of the digested food is, of course, greatly aided by the wrinkles on the inner coat of the stomach.

On examining, accordingly, the stomachs of animals which have recently taken food, the new food is never found mixed with the old ; the new being always in the centre, and surrounded on all sides by the old ; and the line of separation being perfectly evident, so that the new food might be removed without disturbing the old.

Another fact of great importance is, that the stomach is incapable of digesting food when it is diluted with water, or other similar fluids, which must all be removed before digestion can proceed. This is proved by the fact, that in opening the stomachs of animals, the food is always found comparatively dry in proportion to its distance from the entrance into the stomach ; and when it is passing out of the stomach in a digested state, it is uniformly in the form of a thickish paste, whatever may have been the quantity of drink previously taken. The fact, indeed, might have been inferred, from knowing that it is only the food near to the surface of the stomach which is digested ; for, if so, any kind of liquid will dilute, and wash away the gastric juice from its proper place of action.

It is necessary to remark here, that there is not a more pernicious vulgar error than that which ascribes rich nourishment to beef tea, mutton broth, and other strong soups ; for no digestion can go on while the stomach is full of liquid. None of the liquid, indeed, which we take is properly digested, as it seems to pass into the blood through the coats of the stomach, while the solid food is digested, and passes on to the intestines.

Dr. Wilson Philip fed dogs on the strongest beef tea, and strong broths, till they became in a few weeks much emaciated, and at last died by sheer starvation, though they had as much of this

supposed nutritive food as they could take. Nothing could more clearly prove the opinion than this. We wish the experiment had been confined, cruel as it is, to brute animals. The Millbank Penitentiary for the reformation of criminals lately witnessed a still more cruel experiment of the same kind. The committee, ignorant, it appears, of the above proofs, and adopting the erroneous opinions of the nourishing properties of soups, began a scheme of economy by putting the prisoners on a soup diet, and giving no solid meat, but a daily allowance of two ounces and two-thirds of an ounce of meat, made into broth for each couple. This diet was soon productive of those terrible diseases of debility the sea-scurvy, bloody flux, and weakness of sight.

If there be a superfluous quantity of liquids in the stomach, it has the power of speedily removing them, not, it would appear, through its outlet along with the digested food, which is always found rather dry, but through its coats, by means of absorbent vessels.

When all unnecessary liquids are removed, the more solid parts of the food are reduced to a thick greyish paste, termed chyme, which is moved along to be passed out of the stomach into the chyle-gut, and mixed with bile and pancreatic juice, as shall now be explained.

THE LIVER, THE PANCREAS, AND THEIR FUNCTIONS.—Near to the stomach, below the edges of the ribs on the right side, and immediately under the great fleshy partition between the chest and the belly, termed the midriff, (*diaphragm*,) lies the liver, a large, solid, dark-colored gland, of a close and delicate texture. The office of the liver is to prepare bile from the blood, with which view a large canal or vein full of dark-colored blood runs into it, but soon divides in the liver itself into innumerable branches, in the manner of a tree branching from a trunk, whose roots are placed, as Galen well remarked, in the belly. The minute branches of the blood-vessels of the liver terminate in extremely small points, from which arise very delicate little canals, where the existence of the bile is first observed in such minute

quantities that it requires the assistance of a magnifying glass to detect it. Hundreds of these little canals for carrying bile unite and enlarge as they pass onwards, till they all join in the great duct or canal, into which each pours its tribute of bile, that the liver has manufactured from the blood, amounting to about six or eight ounces in twenty-four hours.

This great bile canal issues from the lower and concave surface of the liver, and conveys the bile either immediately into the intestines below the stomach, or through another canal which joins it, into the gall-bladder, or store cistern and long bag, or pouch, of the shape of a pear, adhering to the lower surface of the liver, where it is improved in quality, and acquires consistence, bitterness, and a deeper yellow color, by the loss of its more fluid and watery parts, which pass out through the coats of the gall-bladder.

The pancreas is a rather large gland lying under the stomach, and serves to separate from the blood a fluid named the pancreatic juice, of a mild bland nature, very similar to the spittle of the mouth. The blood runs through this in branching vessels, and the fluid separated from it goes into a number of little canals, which unite in a single large one, in form of the plumelets of a quill uniting at the stem. The pancreatic juice, being very mild, is probably intended by Providence to correct the acridness of the bile.

As soon as the digested aliment has passed the outlet of the stomach, it is received into the first intestine, which may be appropriately termed the chyle-gut. Here it meets and becomes mixed with the bile and the pancreatic fluid, which seem to act as powerfully chemical agents, in beginning its conversion into new blood. The half-liquid aliment, when it passes out of the stomach into the chyle-gut, has usually a greyish color, a sharp smell, and a slightly acid taste; but upon being mixed with the fluids from the liver and pancreas, which contain alkali, it becomes yellowish, loses much of its smell, and, instead of acid, it tastes bitter.

The useful parts of the aliment, termed chyle in a word, are, by these agents, chemically separated from the useless; the useful taking much the appearance of cream, being spread over the linings of the intestines to be sucked up by the mouths of innumerable minute canals, termed lacteals, that open there; while the useless parts or excrements are thrown into the middle of the intestines as refuse, to be carried along the bowels and discharged by the vent.

THE INTESTINES, THE MESENTERY, AND THEIR FUNCTIONS.—The aliment remaining for a short time in the chyle-gut, and afterwards passing rapidly therefrom, leaves a space in the gut beyond rather empty, which may be termed the lank-gut, and this leads to the small intestine, distinguished by the velvet-like lining caused by the mouths of the little canals already described. The disappearance of this velvety lining is sufficient to mark where the great-gut or colon begins, even when it is not, as is the case in most species, more distinctly marked by certain folds in form of a valve, to prevent the too rapid passage of the aliment, and by a sort of pouch going off from the regular line of the canal. The great-gut, which begins at this crescent-formed valve, is usually much larger than the small intestines.

The intestines terminate in the vent (*anus*) by a short, straight, and small canal, which may be termed the vent-gut (*rectum*) the outlet of which is kept shut by three muscles. The little canals termed the lacteals are so numerous all over the inner surface of the bowels, that the cream-like chyle which is missed by one set is readily caught by others, and carried along a membrane termed the mesentery. This membrane is bestudded with little glands, through which the canals pass, in their way to the blood. The caul is a large membrane hanging down over the stomach and bowels for storing up fat.

THE KIDNEYS AND THEIR FUNCTIONS.—The stomach, as we have seen, cannot well digest food when it is too fluid, and healthy blood ought not to be too fluid. In order then to remove any superfluous fluid in the stomach and in the blood, there exists

n the body a contrivance similar to the by-set of a mill-stream, or the waste-pipe of a dye-work or brewery, for carrying off the fluid that is not wanted, and which might prove injurious. One portion of the superfluous fluid is carried off through the pores of the skin by perspiration; another from the lungs by breathing; but the one more obvious than either of these two is that which is carried off through the kidneys and bladder in form of urine.

We have two kidneys for separating from the blood that passes through them the superfluous fluid and other matters which constitute urine. The blood which is thus freed from its superfluous fluids is returned to the general circulation, while the urine is carried off from the basin by a long pipe from each kidney, termed a ureter, into the bladder, to be afterwards evacuated. It is worthy of remark, that the outlet of the bladder is always kept shut by a peculiar muscle, which, when the urine accumulates, is forced to give way and permit its escape.

DISORDERS OF THE ORGANS OF DIGESTION.

HAVING thus described the organs concerned in digestion, from the entrance of the food into the mouth till the useful parts are taken up by the lacteals, and the useless are ejected through the bowels, the skin, the lungs, and the bladder, we shall next consider the disorders to which these several organs are liable, beginning at the mouth.

TOOTHACHE.

A bit of opium, or some cotton wool soaked in laudanum, may be plugged into the hollow of the tooth: or, let a drop of chloroform be inserted in it. Camphor dissolved in spirits of turpentine, is also a favorite remedy.

Oil of cloves, or Red pepper, is another valuable remedy for allaying the pain when put into the hollow of the tooth. The most effectual of all remedies, however, is the putting of a red hot wire into the hollow, which will destroy the nerve, and prevent the return of pain.

Pain in any other part of the body eases toothache, chiefly, as it would seem, by affecting the mind, and distracting or withdrawing attention. A box on the ear, a blow on the shin, or on the elbow, has in this way often given immediate relief. It is in this way that anything which smarts the mouth relieves the pain, such as hot water, tobacco-smoke, or brandy held in the mouth.

If an external application is preferred, the following liniment may be rubbed on the outside of the jaw:—

Liniment.—Take an ounce of spirit of camphor; three drachms of liquid ammonia, or hartshorn; ten drops of essential oil of bergamot: mix them in a vial for use.

If the gums are spongy or tender, and apt to bleed, the following wash, occasionally applied, will be found useful:—

Wash.—Take half an ounce of tincture of myrrh; two ounces of tincture of Peruvian bark: mix them in a vial for use.

The return of the pain, when the nerve is not destroyed, is best prevented by filling the hollow of the tooth with melted sealing-wax, or with some metal, such as silver or gold. This, however, is best done by a dentist.

SALIVATION

As thirst is the effect of want of fluid (*saliva*) in the mouth, salivation is characterised by its too great abundance. An unwholesome and wasteful discharge of saliva is frequently caused by smoking or chewing tobacco; one of the strongest known vegetable poisons, and very apt to produce hard cancer of the pancreas and other glands. Frequent smoking, unless care is taken, makes the teeth first yellow, and afterwards black. Delicate persons, especially, suffer from this habit, as it has a direct tendency, not only to dry up their bodies by producing a waste of the fluids, and vitiating the digestion and assimilation of food, but likewise to impair the mental faculties, and particularly the memory. To persons of a middle age, or those of full growth, particularly the corpulent, the phlegmatic, and those who are subject to catarrhal complaints, it may often be of service, if used with moderation, especially in damp, cold and hazy weather. Injurious as we are disposed to think tobacco is, when used to any extent, we must confess its utility in contributing to relieve uneasy feelings, for the time, with as much certainty, and perhaps with fewer bad consequences, than opium.

Salivation is also produced by using mercury as a medicine,

particularly when, at the same time, the patient is exposed to cold, eats high-seasoned food, or drinks strong liquors.

Remedies.—The best thing to moderate or stop salivation is to keep the body cool, (not cold,) to live on light food, and to open the bowels with a little sulphur in honey or molasses twice a day.

NETTLE RASH.

Causes and Symptoms.—It begins with fever, and on the second day small reddish spots appear, as if the skin had been stung by nettles, almost evanescent during the day, but returning at night with fever, and in a few days totally going off in very minute scales.

Treatment.—The disease, for the most part, readily gives way to a cool regimen, and keeping the body open with cream of tartar and the Vegetable Pills.

While engaged in this part of our labor on this work, we were called to a violent case of this disorder. The patient was covered all over with the rash, had a high fever, furred tongue, was so lame he could scarcely walk, and was costive withal. He attributed the attack to eating lobsters. We gave him an active emetic, by means of which he threw up about a quart of bile, almost black, with immediate relief. Following this up by a course of our Vegetable Pills, in four days the man was well. While reflecting on the magical effect of our Graefenberg emetic in discharging the pent-up bile, we asked ourselves, with pride, could this thing have possibly been effected by the wet sheet of the water-cure man, the globule of the Homœopath, or the lancet of the Sangrado?

INDIGESTION.

Causes and Symptoms.—Delicate persons, particularly females, tradesmen, accountants, or literary men much confined in-doors, and sitting most commonly in a stooping position so as to press on the stomach and bowels, will at times feel their food lie heavy, like a load, upon the stomach, and this may probably be accompanied with flatulence and belching; but the inconvenience may only be temporary, and may go off in a day or two. When these symptoms have begun to recur once a month or once a week, the complaint is certainly fast forming into a state of difficult cure. The mouth becomes clammy, the tongue white or brownish; the appetite is impaired; there is

considerable thirst; and the feet are apt to be cold, even when the weather is not uncomfortable. The first strongly-marked symptom which makes its appearance is depression of strength, or great feebleness or languor, both of body and mind. Thinking becomes oppressive, and exertion painful; while wandering, nervous pains all over the body, and most disagreeable belchings and eructations succeed. Sleep is also uncomfortable, and disturbed by dreams, or goes off altogether. In some a sallow colorless paleness; nervous and sick headaches; dimness of sight, and spectral objects floating before the eyes; and ringing and noises in the ears. Pains in several parts of the chest, somewhat like rheumatism, are often felt, or even in the shoulders, the arms, and the loins, all depending on the derangement of digestion. The mind becomes also very fretful and irritable.

Treatment.—The first thing to attend to is early rising; that is, at five or six o'clock in summer, and never later than seven in winter, going to bed precisely at the same hour every night: having all meals precisely at the same hour every day, with no lunches between meals, and as much active exercise in the open air as can be taken without fatigue or perspiration. But the regularity of hours is more important than even exercise or air. Bathe the body from head to foot every morning, or use a shower-bath, in either case rubbing the surface well with a coarse towel afterwards.

Diet.—It is of much less importance than is usually imagined what particular things are eaten and drunk. Whatever the patient agrees best with and relishes best is good, in spite of all that doctors and books may say to the contrary. The more simple the diet is, and the less strong the drink is the better. Those accustomed to fat beef or pork, and beer, do not relish beef-steaks, or bread and milk; but a week or two of trial will accustom a person to almost any change of diet, though it is not liked, or disagrees at first.

Medicines.—The first thing indispensable to be done is to clear the stomach and bowels by an emetic.

Emetic. —Take twenty grains of ipecacuanha in powder; mix in a table-spoonful of warm water; after it begins to operate, walk about before a good fire; and work it off with lukewarm camomile tea. Follow up the treatment with the Graefenberg Vegetable Pills, taking three or four occasionally, but generally one pill daily before breakfast. A tincture or decoction of the Health Bitters will be of decided service. If there be much

acidity, take part of a tea-spoonful of super-carbonate of soda, once or twice a day.

PERVERTED APPETITE.

In consequence of acid formed in the stomach, and other derangements, an occurrence frequently attending pregnancy, a desire is felt for eating cinders, chalk, and other substances.

Remedy.—Move the bowels gently with the Vegetable Pill, and take a few drops of hartshorn and peppermint in water three times a day.

HEARTBURN.

Symptoms.—The disorder termed heartburn does not affect the heart, but the stomach, with a sort of burning pain, so severe, in some cases, as to cause the eyes to water. It is caused in most cases by overloading the stomach, and rendering it a sort of brewery of vinegar.

Treatment.—When the acid depends on a mere fermentation of the food, it may in a great measure be prevented by using food not easily fermentable, such as beef and biscuit, avoiding vegetables, and taking magnesia and liquor of potass. But sometimes a patient may be tormented with acid, eat what he will; and even though he abstain from food altogether, it will not prevent for an hour the formation of the acid, and the alkalis only procure a short respite from the burning or gnawing which it occasions. In this case may be tried a rather singular, but a very powerful remedy :—

Take thirty grains of fresh ox gall, twenty grains of asafœtida. Make into one dozen pills, and take from three to four thrice a day. Their good effects will appear in a few days.

The acidity of heartburn may be neutralized by any of the alkaline earths, or soda, salæratuſ, or pearl-ash. But the patient should take the Vegetable Pills and the Health Bitters, as recommended in Dyspepsia.

Acids sometimes are useful, particularly nitric acid, in the dose of five drops every three or four hours, in a glass of water. Part of a tart apple will sometimes allay it.

WATER BRASH, OR PYROSIS.

Symptoms.—The causes are not well known, but supposed to be irregular diet, or agitation and distress of mind. The fit usually comes on when the stomach is empty, with a pain at

the pit of the stomach, a sense of constriction, as if it was drawn towards the back, followed by eructations, and the discharge of a thin watery fluid, sometimes of an acid taste, but often quite insipid; and in some instances an appearance somewhat similar to the raw white of an egg. On a frequent repetition of the eructation and discharge, the fit at length goes off. This disease seldom proves fatal, but it is often tedious and troublesome to remove.

Remedy.—Take one or two tea-spoonsful of a tincture of the Health Bitters, in a little water before meals, also an occasional dose of the Vegetable Pills. Or take half a pint of elixir salutis and half an ounce of balsam of Tolu. Dose.—Large tea-spoonful three times a day, or the whole at once in the morning. Or the following :—

Take one part of the oxide of bismuth, and five parts of gum tragacanth; make a powder, and take from twenty to forty grains twice or thrice a day.

WIND IN THE STOMACH AND BOWELS, OR FLATULENCE.—This arises from the same causes as heartburn, which it frequently accompanies, and is very teasing and distressing.

Treatment.—Pursue the course recommended under heartburn.

CHOLIC, OR BELLY-ACHE.

Symptoms.—Gripping pains in the bowels, chiefly about the navel, accompanied with costiveness, head-ache, nausea, and often with vomiting.

Remedies.—When the symptoms are very urgent, two drops of croton oil, rubbed up with an ounce of mucilage of gum tragacanth, and sweetened with sugar, may be taken every four hours, or oftener. In slighter cases, take four or five of the Vegetable Pills. When there is much wind, and no apparent inflammation, a glass of brandy, or other spirits, may be taken; or the following :—

Take one scruple of rhubarb in powder, a little Cayenne pepper, half a drachm of spirit of anise; one ounce of cinnamon-water, and a half or one drachm of tincture of jalap; mix and take immediately. Drink freely of spearmint or peppermint tea.

COSTIVENESS.

Causes and Symptoms.—This is no less common a complaint than it is often obstinate and unmanageable. It arises chiefly from the stagnation of blood in the lower parts of the body and

bowels. The symptoms are uneasy feelings of weight and obstruction, often with wind, and belly-ache.

Remédies.—Whatever tends to quicken the stream of the blood, in its return to the heart, will, in such cases, relax the obstructed intestines, and promote their motion. Above all things, then, walking should seem to be useful for this purpose; riding on horseback is also good. As to diet, brown bread, eggs, very soft boiled, or beat up raw, with a little sugar, three or four a day, and all sorts of vegetable food, and also apples and other fruits, with plenty of sugar, are good; also salads dressed with olive oil; but hard-boiled eggs, roast or salt beef, ham, tongue, fish, &c., ought to be eaten sparingly; and no drink stronger than table-beer should be taken, and chocolate or cocoa, rather than tea or coffee. Butter also, and fat meat, provided always that the stomach can digest them, are useful.

Mr. Locke judiciously advises those of a costive habit to go regularly to the water-closet every day, an hour after breakfast, and make an effort whether they succeed or not. We should advise the same to be done both morning and evening, for at least a month; we have known it succeed when all other means have failed. There is nothing better, in a costive habit, than eating two, three, or half-a-dozen good figs between meals. This is an excellent thing for those who are much confined, and who have a long interval between breakfast and dinner. Some hot veal soup to lunch, or to supper, is also good. The Graefenberg Vegetable Pills will be found of inestimable value in this distressing complaint, taking one pill each day before breakfast. Bathe the whole surface daily with cold water, and particularly the abdomen, hips, and back, with brisk friction to those parts.

Sometimes costiveness results from a relaxation of the abdominal muscles, and the ligaments which hold the viscera in their places, and they thus become crowded in the lower part of the abdomen, and perform their operations imperfectly. In such cases, some good abdominal supporter will be attended with decided benefit.

DYSENTERY, OR BLOODY FLUX.

Causes and Symptoms.—This alarming disorder seems to be sometimes communicated by infection, but may be caused by cold, night air, damp, or bad diet. It begins with looseness of the bowels, chillness, loss of strength, a quick pulse, great thirst, and an inclination to vomit. When the patient goes to stool, he

feels a bearing down as if the whole bowels were falling out; with acute pain and severe griping.

Treatment.—Cleanliness contributes greatly to recovery.—Everything about the patient should be frequently changed. His spirits must be kept up; for nothing tends more to render any putrid disease mortal than fear. The greatest attention must be paid to the patient's diet. Apples boiled in milk, and plain light pudding, with broth made of the gelatinous parts of animals, such as sheep's head, may be eaten. Boiled rice is an excellent article of diet.

The Dysentery Syrup should be taken every hour if the case is severe; every two or three hours if it be not very severe. The doses are as follows:—

For children, from half a teaspoonful to a teaspoonful, according to age.

For adults, from a teaspoonful to a tablespoonful or more, in severe cases.

In protracted cases of Dysentery and Bloody Flux, although the disease may be perfectly cured, yet the intestines are often left so inflamed and painful, that the patient is in danger of inflammation of the bowels. In such cases, injections should be given. The following is the best we know and it has been well tested: Take half of a small box of Green Mountain Ointment; melt it in a pint of fresh milk, add some molasses, a little salt, and two tea-spoonfuls of the Syrup, mix thoroughly and inject warm. Repeat it if necessary. A large plaster of the Ointment may be applied to the abdomen if it be swelled. These are valuable auxiliaries, and may be used if thought proper, while taking the Syrup.

If the skin is dry and feverish, promote *gentle* not violent perspiration by taking warm drinks, bathing the body or feet in ley-water.

A dose of the Grafenberg Vegetable Pills, or Castor Oil will be valuable to cleanse the bowels; but no violent cathartic, such as calomel, should be taken.

LOOSENESS, OR DIARRHŒA.

Symptoms.—When there are frequent stools not of a high yellow color, with no fever or bearing-down pains, it is simple looseness, and is not dangerous unless it increase or continue so long as to weaken the patient. It often occurs on change of residence, from the nature of the water or the air.

Remedy.—The dysentery syrup is effectual in a short time.

CHOLERA MORBUS.

Is a disease of the stomach and bowels. Vomiting and purging are its main characteristics, attended with severe griping, and cramps in the stomach, abdomen, &c. It is a very common and dangerous disease—comes on generally very suddenly, and often proves fatal in twenty-four hours, and the malignant type in a few hours.

Treatment.—We know no remedy so efficient, safe and speedy as our Dysentery Syrup. Let it be taken immediately after the first symptoms appear, when a very few doses will check it. We will add one or two recipes and some general directions respecting diet, &c. :—

Take twenty drops of laudanum, twenty grains of Epsom salts, dissolved in a sufficient quantity of peppermint-water. Mix and repeat every two hours till relief is obtained.

Or, a teaspoonful of pearl-ash, the same of carbonate of ammonia with some essence of peppermint, in half a pint of water, sweetened. Dose.—Two table-spoonfuls every time vomiting or purging occurs, or as often as the symptoms require. If the evacuations be lumpy or unnatural in color, a small dose of castor oil, or the Vegetable Pills may be useful, or, what is even better, a moderate use of mild fluids to dilute and wash out the stomach and bowels. For this purpose, weak chicken broth. Linseed tea or barley-water, with a little gum arabic and sugar is good, and better still, spearmint, or peppermint tea, made from the green leaves, fresh-gathered. Solid food is seldom relished by patients, and ought not to be pressed upon them.

ASIATIC FLUX, OR MALIGNANT CHOLERA.

This disease has within the last few years spread terror and death through every country from India, in the east, to Europe and America, in the west. It is much disputed whether or not it be infectious,—most probably it is not.

Symptoms.—Malignant cholera sometimes suddenly attacks people in good health without any notice of its approach; but, in general, the patient is affected with certain premonitory symptoms, such as nausea, *slight* irritation of the bowels, or pains and cramps in the legs; but very often there is no warning at all. A person may be well at breakfast, and may die before noon; or have been out at night, and be attacked with cholera at day-break.

When the disease is violent the face is extremely altered, and also the voice; the eyes look completely sunk, and there is a dark circle round them; the lips are blue or bloodless; the cold and livid skin is covered with large drops of cold perspiration; the hands and feet are not only excessively cold but corrugated; the tongue and the breath are cold; the patient suffers dreadful spasms, which begin in the feet or in the hands, and stretch up to the trunk of the body. When death is fast approaching, the spasms are at an end, the pulse can no longer be felt, the feeble fluttering of the heart can hardly be perceived; the coldness and dampness of the skin, and the glazed eyes, present the image of death; yet the patient often continues sensible until life is quite extinguished.

All these terrible changes, which commence in the midst of health, and end in death, are generally completed in sixteen hours.

Treatment.—During the prevalence of epidemic cholera, there seems to be an unusual predisposition or tendency to diarrhœa, vomiting, &c. These symptoms are, like sparks of fire which grow into an all-devouring flame unless early extinguished. Let it therefore be deeply impressed upon all minds the propriety of having some reliable medicine always on hand to check the first sign or symptom of the disease. We confess we know no prescription among all the recipes and formulas of the American or European faculty which can equal the Dysentery Syrup of the Graefenberg Company, for this purpose. It should be taken immediately after the first symptom of vomiting or diarrhœa, and in such increased doses as the urgency of the case seems to demand; double or treble doses may be necessary, and cannot leave any injurious effects, for it is purely vegetable. Ten or twelve drops of camphor may be given with each dose.

The following may also be used if necessary:—Take a quarter of an ounce of carbonate of ammonia, dissolve it in half-a-pint of water, (in a corked bottle,) and sweetened with loaf sugar. Dose.—From a tea to a table-spoonful, every ten, twenty, or thirty minutes, according to the urgency of the symptoms.

In the absence of these things, the best thing that can be done in the first hurry is to get some warm drink prepared, such as hot brandy and water, with some peppermint, and thirty or forty drops of laudanum added to it; to place a good blanket close to the fire, until it is quite warm; to undress the patient, before a fire; to drink the brandy and water, whilst the feet, legs, hands, and arms are briskly rubbed, and then to roll the hot blanket

completely up to the chin. Even the head should be warmly covered up, only leaving room to breathe, and additional coverings put on the bed.

If there is no brandy, hot tea of spear or peppermint with the laudanum, and cayenne pepper may be added, or even hot water, will be better than nothing, if the patient can keep it down. When the blankets are warming, and the brandy and water preparing, a messenger should be sent off in all possible haste to some medical man. For persons so situated as to have no means of getting advice for several hours, some rules must be laid down. In order to restore the circulation of blood in the skin, and bring back its warmth, strong rubbing of the body with the hand; or with hot coarse towels, or with equal parts of mustard and flour, or with camphor liniment, or a solution of carbonate of ammonia; bottles of hot water, wrapped in flannel, applied to the soles of the feet, to the pit of the stomach, under the arms, and under the joints of the knees; a hot bath may be prepared, in the early stage before the strength is *much reduced*, and the patient placed in it, and kept there a quarter of an hour, then well rubbed and dried, and placed in the hot blankets; or heat, in the form of either vapor from hot water introduced under the blankets, or produced by burning spirits under the bed-clothes; or bags of hot sand, hot bran, hot oatmeal, or hot air, may all be advantageously tried.

The other remedies which have been tried are, calomel in the dose of twenty grains; sajeput oil in the dose of twenty drops on lump sugar; Cayenne pepper in doses of twenty grains; and ether in the dose of a teaspoonful.

J A U N D I C E.

Causes.—A deficiency or stoppage of the due flow of bile produces jaundice, in which the blood, becoming loaded with yellow bile, tinges the skin and whites of the eyes with a yellow hue, more or less deep in proportion to the obstruction. Violent passions, strong purgatives or emetics, catching cold, and the like, are apt to bring on jaundice. Emetics especially, where it is not attended with inflammation, followed up with the Vegetable Pills.

Treatment.—Let the bowels be freely evacuated twice a week with the Vegetable Pills, and one pill be taken each morning, till the skin become clean and fresh.

The following may also be taken, two or three times a day :

Shave off half a wine-glassfull of Castile soap; fill up with wine, milk, or water, and drink immediately. Bathing and friction of the whole surface of the body is important.

LIVER COMPLAINT.

Very many cases termed consumption are really liver complaints, particularly in the middle and southern States, and should be treated accordingly: they are very manageable; on the other hand, many of those called by this name, are severe affections of the stomach and intestines.

The most frequent causes are, the exhausting influence of heat, deleterious climates, and sudden check of free perspiration; eating highly-seasoned food, and in too large quantities; ardent spirits; calomel; anxiety or excessive mental labor; insufficient exercise, &c., &c.

The most frequent symptoms are, a sense of pain or uneasiness in the right side; much increased by pressure, or by a sudden jerk or blow on this part; pain at the top of the shoulder; sallow complexion; depraved appetite; irregularity of the bowels, and offensive stools; emaciation and debility. Generally there is cough with expectoration, with difficulty of lying on the left side; the urine is deficient and of a deep yellow color; thirst, nausea, and costiveness are concomitants.

Treatment.—Many of the medical profession think that mercury is the only suitable medicine for this disease; “but,” says Dr. Graham, “those whose experience and judgment are most to be depended on, are very cautious in the employment of this mineral, and place little reliance on it in the treatment of this disease.”

Let the bowels be opened once or twice a week with our Vegetable Pills, and one pill be taken each morning, or if the disease is *acute*, the purgative may be administered oftener; this course faithfully pursued for a length of time, will cure almost all cases; but if the case is obstinate, take a tea-cupful of strong dandelion tea twice a day in connection with the pills. The medicines may be varied occasionally to the Sarsaparilla and Health Bitters, and one, two, or sometimes three months may be necessary for a cure, but the patient must persevere and he will be amply rewarded by the enjoyment of fine health.

When there is severe and constant pain in the side, spread a large plaster of Green Mountain Ointment and wear it a few days, or only at night if inconvenient by day, add some fresh ointment

each day; this will in most all cases, give speedy and wonderful relief, without the pain occasioned by the mustard or blistering plaster.

The following is an excellent remedy:—Take mandrake, dandelion and spear or peppermint, about equal parts, and of blood-root, the proportion of a half; macerate in spirits, and take one or two tea-spoonfuls a day, or sufficient to keep the bowels free.

Vomiting may be checked by a little soda or salæratuſ, taken in a cup of mint-tea, with a few drops of laudanum. Perspiration, more or less free, may be promoted, but avoid a sudden check.

In very severe cases, the vapor bath, used daily, will be a most valuable auxiliary. Washing the body daily, with tepid or cold water, softened with a little ley or soda, must not be neglected.

The diet should be light and nutritious; avoid all heating substances, and keep the mind placid.

W O R M S .

Causes and sorts of Worms.—It is a common error, that infants and young people are more affected with worms than grown persons, experience having demonstrated that as many grown persons are affected with worms as children, particularly females, and men whose employment requires constant sitting. Worms indeed chiefly affect those who are subject to indigestion, nervous ailments, and disordered bowels, whatever be the age or sex. Nobody can tell how worms are produced or propagated in the bowels.

Upwards of sixteen species of worms have been found in the human intestines; but three only are general,—the thread-worms, the round, and the tape-worms, one the broad tape-worm, and the other the two-fanged tape-worm.

Symptoms of Round and Thread-Worms.—The most certain sign of these worms is an itching of the fundament and lower intestine, which is often distressing and almost intolerable. The disturbance produced here is communicated by the nerves to all parts of the body, occasioning a crowd of disorders of the bowels, the stomach and the head, such as headaches, giddiness, loss of activity, frightful dreams, convulsions, feverishness, sickly paleness, bad taste in the mouth, offensive breath, pains in the stomach, sickness, nausea, squeamishness, voracious appetite, wasting of the flesh, frequent desire to go to stool, grinding of

the teeth in sleep, nervous trembling of the lips, a leaden color under the eyes, &c.

Treatment.—Take a smart purge of the Children's Panacea every other day for say two weeks, then take half doses every other day until the health of the child is fully restored. This course is far better than a resort to the miserable nostrums advertised as "Vermifuges," though they may drive out the worms, they do it so harshly, that more injury than good follows. Besides this, the *cause* is not removed by this means. *The worms are almost immediately reproduced!* This is an incontrovertible fact. But by the use of the Children's Panacea, the worms not only come away, but the stomach and intestines will become in so healthy a state, that their reproduction is impossible. If parents would infallibly *prevent* worms, the occasional use of the Panacea should be resorted to.

Take one ounce of good quick-lime, a pint and a half of rain water; pour the water over the lime, cover it up for an hour in a pitcher, then pour off the water into a bottle, and keep it corked for use. For a child, a wine-glassful is to be taken thrice a day, in a cup of camomile tea, or in beef-tea or other soup. Double this dose, or more, for a grown person. An over-dose will do no harm.

If this be continued for a month or six weeks, the worms will disappear, and the health and strength will be rapidly improved.

If the itching of the fundament is very troublesome, inject in the usual way a little of the lime-water, mixed with beef-tea, which will kill every worm it touches.

Salt appears to be particularly obnoxious to worms, while it excites the digestive organs to healthy and vigorous action; the quantity used should therefore be considerably increased; candies and sweet food should be avoided, also much of vegetables, the diet should be nourishing. Children should be taught to make a free use of salt at every meal. All means for strengthening the general habit, such as early rising, followed by cold bathing and friction, active exercise daily, &c., should be adopted.

Salt as a vermifuge may be taken from a half to two ounces, sufficient to purge, dissolved in water and taken fasting; it may be repeated two or three times if necessary, increasing the dose.

The celebrated Dr. Rush had a wonderful vermifuge, which, from its great simplicity and fearing it might be despised if known, he concealed. It was nothing more than a strong solution of common salt colored with cochineal to disguise it.

Spirits of turpentine may be given in very obstinate cases.

Rue, tansy, worm-seed, angelica, and all bitter herbs, are good against worms, but only because they strengthen the bowels.

TAPE-WORM.—The most popular remedy for tape-worm, among medical men at present, is the rectified oil of turpentine, which is a very powerful remedy, and ought never to be omitted in obstinate cases.

Mixture for an Infant.—Take from half to a whole tea-spoonful of the oil of turpentine, a table-spoonful of new milk, a tea-spoonful of honey. Mix for a dose.—A child twelve years old may take from three to six tea-spoonfuls of the turpentine.

For an Adult.—Take from one to two ounces of oil of turpentine, a glassful of peppermint-water, three tea-spoonfuls of honey; to be repeated every eight hours till it expel the tape-worm. Three or four doses are usually effectual. Take a dose of castor oil afterwards.

Pomegranate bark is said to be still more powerful.

P I L E S .

THE piles, (or hemorrhoids,) consist in a distention of the veins of the rectum; the blood does not seem to return as freely as it flowed thither, and therefore accumulates and stagnates. Small tumors form within the anus, or at its verge; sometimes a tumid ring is produced.

In some cases, they are attended with a discharge of blood, particularly when the patient goes to stool; these are called *bleeding piles*; in others, there is no discharge, when they are called *blind piles*. Sometimes they are *internal* or within the rectum; more generally they are *external*, protruding beyond the anus.

Sedentary habits, general debility and costiveness, are the most frequent causes of piles. Fullness of blood, intemperance, the suppression of long accustomed discharges and pressure of the pregnant womb also produce them.

The Piles is a well-known and widely spread complaint, sparing no age or condition of life; and after subjecting the sufferer to years of torture, and frequently to the most painful surgical operations, is pronounced *incurable*. *But it is a curable disease in every stage, even where the knife is pronounced the last and only hope.* It is as curable as any malady that afflicts the human frame. On this point there is not a doubt by all who have used the Pile Ointment of Dr. Libby, an old physician of Canada,

whose medical practice reaches back above sixty years, and who assures us that he never failed to cure the worst cases of piles with it. Our own experience with the article abundantly confirms Dr. Libby's statement.

This is a sufficient argument to induce every person suffering under this disease to try it.

It is not necessary to describe the Piles, as the different varieties of the disease are well known. It is well, however, to say, that the cause of the difficulty is frequently *constitutional*; and to be sure of a permanent cure, it is very desirable that the system be thoroughly medicated by some preparation that will render the blood perfectly pure and healthful. This the Graefenberg Sarsaparilla Compound will promptly and radically effect.

Great care should be taken not to use any drastic medicine at any time. The universal experience of physicians in all countries proves the importance of this warning. Any acrid or violent purge should be avoided.

Directions for using Libby's Pile Ointment.—When the Piles are external, apply the Ointment twice a day, morning and evening, rubbing it on well with the hand, also saturate a linen rag with the Ointment and keep it applied to the parts by means of a bandage. When internal, insert a plug of lint or linen besmeared with the Ointment into the rectum, and apply a piece of linen saturated with it on the external parts. These should be renewed two or three times a day, and always after an evacuation from the bowels. In order that the plug may be retained in its place, make a T band of two strips of cotton cloth or webbing, which may be fitted with a couple of buckles, one for a waistband, the other leading down the spine and up in front and to this attach a compress of several thicknesses of cloth, the size of half the palm of the hand, and wear it there with the ointment day and night, until a cure is perfected. The slightest ingenuity will enable a person to adapt a bandage which will effect the desired object.

As before remarked, the *general health* should be attended to. If the patient is suffering from debility, or from plethora, or morbid humors, or eruptions of any kind; in short, if the health be poor, it should have attention. *COSTIVENESS must be particularly guarded against.* The use of one of the Graefenberg Pills daily, will prevent and remove costiveness. If the patient prefer he may take occasionally a dose of cream of tartar and sulphur; take one ounce of flowers of sulphur, half an ounce of

cream of tartar, a sufficient quantity of honey. Mix, and take a tea-spoonful thrice a day. It will very much improve it to add twenty drops of balsam of copaiva to every dose.

Generally speaking, the diet should be light, with cooling drinks. If there be great debility, an opposite course is necessary.

Daily cold ablutions, with friction should not be neglected.

These directions faithfully followed, will accomplish a radical cure, if any human means can do it.

FISTULA.

This is caused by the piles described in the preceding article breaking, and forming sores in the rectum.

Precisely the same treatment as in piles will surely cure the worst cases of fistula, without a resort to the knife. Patience and perseverance may be necessary.

DIABETES.—IMMODERATE DISCHARGE OF URINE.

The marks of this disease are that the urine generally exceeds in quantity all the liquid food which the patient takes; that it is thin and pale, of a *sweetish taste*, and of an agreeable smell; that there is a continual thirst, with some degree of fever; the mouth is dry, and yet there is frequently a frothy spittle; the strength fails; the appetite decays; the flesh wastes away, and the sufferer is reduced to skin and bone.

Treatment.—This disease may be generally cured at the beginning; but after it has continued long the cure becomes very difficult. In drunkards, and very old people, a perfect cure is not to be expected. Everything that stimulates must be avoided. The CATHOLICON will cure almost every case; it should be faithfully used according to directions.

The diet should be confined strictly to small quantities of the most digestible animal food, combined with a little farinaceous matter; shell fish are good. The bowels must be kept gently open by three or four Vegetable Pills once or twice a week. Gentle and constant perspiration, must be promoted. Vapor baths should be taken three or four times a week; with friction particularly over the back, hips and belly. Four or five grains of Dover's powders with one grain of quinine, may be taken thrice a day; this allays nervous irritability, promotes perspiration and gives strength.

The Sarsaparilla Compound will be decidedly beneficial ; the Health Bitters also.

Dr. Baillie says, that "fifty drops of laudanum in an infusion of rhubarb taken three or four times a day, cures or mitigates a considerable proportion of the cases."

Half a drachm of powder of burnt alum, and the gum called dragon's blood, may be taken four times a day, if the stomach will bear it. Cold bathing daily should be practiced.

INCONTINENCE OF URINE.

In incontinence, the water passes off involuntarily by drops, and does not exceed the usual quantity. This disease is rather troublesome than dangerous ; and is owing to a relaxation of the outlet of the bladder, and often the effect of a palsy.

Remedies.—This disease may be mitigated by astringent and strengthening medicines, but it is seldom cured. Use the Catholicon, Pills and Health Bitters.

Drink sparingly, and attend faithfully to the cold bathing and friction. Wear a common strengthening plaster on the back.

GRAVEL AND SAND IN THE URINE.

Disordered digestion, is most frequently the cause of gravel and sand in the urine. If the sand or gravel is of a *white* color, it is chiefly composed of lime ; if *red*, it is an acid usually in a crystalized state, whether it incrust the sides of the *pot-de-chambre* with a red sediment, or be passed in grains with sharp angles. It is of the utmost importance to distinguish those two sorts, the white and the red, as they require very opposite treatment. The white is neither so common or so obstinate as the red. The red, being itself an acid, obviously arises from too much acid in the body, caused by drinking wines, spirits, and malt liquors, &c.

Remedies for White Gravel.—Take one tea-spoonful of lemon-juice, a glassful of decoction of horsemint or wild parsley ; sugar and peppermint-water to the taste ; repeat frequently.

In order to be satisfied with the efficacy of this remedy, pour some of it on the white gravel, and it will quickly dissolve.

Remedies for Red Gravel.—We recommend for the red gravel a rigid abstinence from acid food and drink ; and, as a medicine, magnesia, in the dose of a tea-spoonful night and morning : or, magnesia and super-carbonate of soda, half a tea-spoonful of each.

Mixture.—Take two ounces of pennyroyal or cinnamon-water, two ounces of gum-arabic mucilage, an ounce and a half of honey, three drachms of liquor of potass, forty drops of laudanum; mix, and take two table-spoonfuls twice a day in a cup of barley-water. There may be added to each dose, with great advantage, two tea-spoonfuls of the compound spirit of juniper, or twenty grains of nitre.

If this is found to irritate the stomach too much, try ten grains of carbonate of ammonia, dissolved in a little water twice a day. This is a powerful anti-acid, and is a valuable cordial for languor and weakness of the stomach.

Diuretic medicines, such as horsemint, wild parsley, wild carrot, or dandelion root, may be made into a decoction and taken daily for a length of time, in connection with portions of ether, magnesia, carbonate of soda, acetate of potash, salærated or ammonia.

Slippery elm may be used freely throughout the case, or dissolve a small lump of gum arabic in the mouth several times each day.

But the Catholicon will be found the most ready and successful remedy in this troublesome complaint; it exerts a specific and most favorable influence on the whole urinary system, and fulfils all the indications required: take two tea-spoonfuls, thrice a day, a little after mid-way between meals and at bed time. The Vegetable Pills may be used to regulate the bowels if necessary.

The Sarsaparilla Compound and Health Bitters will prove valuable, as alterative and tonic medicines.

A common strengthening plaster may be worn on the small of the back.

Attend strictly to the daily cold bathing and friction.

When a fit of the gravel makes its attack with violent pain, the warm bath must be immediately procured. Fomentations of bitter herbs also, applied to the loins by a thick flannel roller, and that confined by a linen or calico one above it, will, in most cases, give instant ease.

STOPPAGE OF URINE, AND STONE IN THE BLADDER.

Causes.—The urine may be stopped in the bladder by various causes; such as a piece of gravel termed a stone, which may be even as large or larger than a nut. Obstinate costiveness may also stop the urine by the pressure of the hard contents of

the rectum on the bladder; and the same may also arise from palsy of the neck of the bladder. In all those cases there is excruciating pain, which can only be relieved by the discharge of the urine.

Remedies.—In extreme pain it may be partially alleviated by the warm bath; but the most effectual relief is given by drawing off the water with a catheter.

Obviate costiveness by the Vegetable Pills.

Dr. Morris, of Canada, says, "I injected through a small tube reaching to the sphincter, two ounces of castor-oil, and I cannot express my feelings, for it seemed as if a new lower half had been given me." The oil is lighter than the urine and is uppermost in the bladder; be careful not to void it with the urine.

DISEASES OF THE ORGANS OF BREATHING.

IN order to explain the diseases or derangement occurring in the organs of breathing, it will be necessary to give a brief and plain sketch of these organs and their functions in a state of health.

WE have already seen, that the digested food, in a form similar to cream, is carried from the intestines along the mesentery, in innumerable little canals, which we shall now follow in their course, till they meet in one common canal, and empty their contents, which have received a slight tinge of red in their passage, into one common reservoir, situated near the back-bone below the edge of the midriff. The prepared aliment is in this manner introduced in small quantities into the blood of one of the veins, where it loses its white tinge, and is carried forward to be farther prepared in the lungs.

THE LUNGS.

The lungs, which fill a great portion of the chest, are composed of a soft, spongy, elastic substance, produced by a mass of small cells or vesicles, similar to the cells of a sponge. That these cells communicate with each other is maintained by

Helvetius, Haller, Monro and others. But, whichever way this be, on the walls of those cells are innumerable minute branches of blood-vessels, closely interwoven, and separated from the cavity of the cell by a membrane less than $\frac{1}{100}$ of an inch in thickness, and pervious, if not to the air, at least to a portion of its constituents, when introduced into the cells by the air-tubes which run into them from the windpipe, and which, before coming to the cells, branch off from the main windpipe, and from each other, like the branches and twigs of a tree. The windpipe itself lies in front of the gullet, commencing at the back part of the mouth; and is not composed, like the gullet, of soft yielding membrane, which might allow it to be closed by external pressure; but constructed of stiff gristly rings, united by membrane, which permits of slight extension. The gristly portion disappears in the more minute branches, each of which ends in a single bulb, much more numerous in young than old animals, as they become filled up by disease, and also as age advances, and hence the oppressed breathing of old people.

THE CHEST.

The chest, where the lungs, with the heart, are situated, is separated from the belly, containing the stomach, liver and intestines, by a broad muscular partition, called the midriff, which has passages, however, for the gullet and blood-vessels. The midriff, when depressed, acts similarly to the sucker of a pump, or rather the valve of a pair of bellows, drawing in air from the mouth through the windpipe, to distend the lungs; the dimensions of the chest being by the same means enlarged. When the depressed midriff again is raised up, the air in the cells of the lungs is forced out, in a similar way to water being forced out of a sponge when it is squeezed.

The capacity of the chest is, besides, not only diminished or enlarged downwards and upwards, but also in width, by means of the motion of the ribs or bony stretchers; each pair of which is very similar to a hoop sloping from the whirl-bones of the

back, where they are jointed, and some of them attached in front by gristle to the breast-bone; while others, absurdly called *false ribs* (better the lower ribs,) are attached by gristle to the others near them. It must be obvious, from this, that when the whole front arch of the ribs is raised upwards, the capacity of the chest must be widened,—a movement which is effected by two layers of muscles between each of the ribs, running in two directions. Breathing is partly voluntary, and partly not, for though it may be suspended during a minute or so, no animal can, as it is called, *hold in the breath long*; yet the process goes on during sleep without any conscious effort. When we are strongly affected by grief, we forget to breathe, till the sensation in our lungs becomes very urgent, and then a sigh succeeds. Yawning is very similar to sighing in this respect, differing chiefly in the concluding effort to re-expel the air from the lungs. The chief agent in the process are the midriff and the ribs, together with the windpipe and lungs already described.

THE NOSTRILS AND WINDPIPE.

The air is introduced into the lungs partly through the mouth, but chiefly through the nostrils, consisting of two channels outwardly; but these unite into one near the back part of the mouth, where it opens immediately over the entrance into the windpipe. The nostrils are quite cut off from all communication with the brain, by a partition of bone as thick as the board of a book, while they are partially separated from the mouth by a curtain of a thick fleshy and glandular skin or membrane, which is partly stretched, and partly hangs down, at the back part of the mouth. To this curtain is hung a little weight, of the form of a grape, called the palate, which may be seen on opening the mouth pretty widely. The fleshy partition or curtain is pressed back by the morsel in the act of swallowing, and covers the hind part of the nostril. Sometimes, however, particles of food get up behind the curtain into the nostril, and occasion sneezing.

DISORDERS OF THE ORGANS OF BREATHING.

HAVING thus described the organs of breathing from the mouth, nostrils, and windpipe, to the lungs, the midriff, and the ribs, which are put in motion each breath we draw, we shall next consider the disorders to which these organs are liable, beginning with the nostrils, and the parts immediately connected with them.

COUGHS, COLDS, &c.

"Most persons," says Dr. Beach, "affect to despise colds; and as long as they can walk about, scorn to be confined by what they call a *common cold*. Hence it is that colds destroy such numbers of mankind. Like an enemy despised, they gather strength, till at length they become incurable."

A check of perspiration by cold applied to the body is the ordinary cause of colds. Another common but not well noted method of "catching cold," *by heat*, may be briefly described: For example—when a person goes out and remains some time in the cold air, his body, lungs, windpipe, and nostrils, become "chilled through," still while he remains out he feels no ill effects, but when he approaches the fire, and warms himself rapidly, and perhaps, by way of hastening this, takes some hot stimulating drink, a general glow is produced. Soon after, however, a disagreeable dryness and huskiness is felt. By and by a dry tickling cough comes on, with cold, shivering, &c., which the fire seems powerless to remove. All this is caused by the *sudden action of heat* on the chilled skin and lungs. When therefore, a person from a very cold atmosphere enters a room with a fire, he should for some time keep at a distance and *bring the body to its natural temperature and feeling by degrees*; and by all means refrain from the drinks referred to above, using simply cold water, if drink be desirable.

The ordinary symptoms of a cold are too well known to need mention here; suffice, that by the *obstruction of the pores*, a portion of waste matter remains in the blood; and from the unequal circulation, the upper and more delicate organs, the heart, lungs, head, &c., are oppressed with a superabundance of blood, and of course work heavily, and inflammation with more or less of fever results.

Treatment.—A warm foot-bath, with a handful of ground

mustard, or a shovelful of wood ashes, at the same time applying cold water to the face and forehead, will equalize the circulation and relieve the head; a warm tea of boneset, catnip or hyssop may be taken; and at night a good dose of the Vegetable Pills. This will generally break up the cold.

The patient must remain quiet in a well ventilated room of an agreeable temperature; the bed is the best place, but is not to be overloaded with clothes. Let gentle perspiration be maintained. Cooling drinks, such as lemonade, with cream of tartar, slippery elm tea, or even cold water may be taken. Keep the bowels open with the Vegetable Pills. Bathe the body with softened water, once or twice a day, with friction.

The former is an old and well established mode of cure, while the latter is believed to possess decided advantages.

If there be a cough particularly at night, melt a little butter with some honey and vinegar and add ten or twenty drops of laudanum; use a tea-spoonful as occasion requires: also take a little slippery elm tea occasionally, but the best thing that can be taken is Dr. Libby's Cough Syrup, the receipt for which will be found under the article on Consumption. The diet should be spare but mild and nourishing.

Many persons are liable to cold and coughs in spring, caused by the accumulation of morbid humors during the winter when the pores are more closed than usual; the same liability occurs in the fall, from relaxation of the skin during summer. Such persons require a single course of medicine; let them use the Vegetable Pills in moderate doses once a week, with a single one daily, also a tincture of the Health Bitters before eating. The Sarsaparilla Compound is an excellent spring and autumnal medicine. The feet should be well guarded.

These simple and economical medicines will cleanse and brace up the system, and guard it against colds and their frequently fatal consequences. Attend to bathing and friction.

LOSS OF VOICE.

THE consequence of a cold spreading from the head to the top of the throat, sometimes produces the very distressing though not dangerous complaint of loss of the voice.

Gargle.—Make a decoction of Sumach berries, sage, and hyssop; add some gum arabic and a small quantity of salt-petre; sweeten and use frequently.

STOMACH AND LIVER COUGHS.

WE took occasion while under the head of Liver Complaints, to remark, that many cases of consumption arise solely from the affections of the stomach and liver. This fact being understood, will save much dangerous and groundless alarm. Nevertheless, if the case be neglected or improperly treated, pulmonary consumption is likely to supervene. The true source of the cough should therefore be correctly determined.

One of the most common causes of stomach cough is indigestion, in which the nerves of the stomach become unusually irritable, both from the want of food and from its presence. Accordingly, patients thus affected are teased with their stomach cough, both in the morning, when the stomach is empty, and also after eating a *heartly* meal. The nerves seem unable to bear either too much or too little stimulus; by attending to these circumstances this cough may be easily distinguished. The remedies are the same as those we have recommended for indigestion; as soon as this is cured, the cough will disappear.

Medical men, in order to discover the cause of a cough, make the sufferer draw in a very full breath, and observe minutely whether it excites cough or pain in any part. If this pain be seated in the lungs, the cough is decided to be consumptive or catarrhal; but if it produce a sharp pain under the ribs on the right side, extending towards the back or across by the stomach, then it is determined that the liver or stomach is diseased. In coughs arising primarily from the lungs, the skin is generally clear and well colored; whereas, when the liver or stomach is affected by bilious derangement, the skin is harsh and dry, and almost always more or less tinged with yellow. In liver or stomach cough, the breathing, though hurried in the evening, on account of the accession of fever and the accumulation of phlegm, is generally calm and natural in the morning, which is not the case in consumption. The stools also in consumption, are usually healthy, while in liver complaints they are uniformly unnatural in consistence, color, or smell.

Treatment.—We refer the reader back to Liver Complaint. The vapor bath should be used daily, to disperse the blood and equalise the circulation. The Sarsaparilla Compound and Consumptive's Balm have done wonders in the cure of this complaint; ordinarily or in conjunction with the other means recommended, they will cure all cases. Let the diet be plain, digestible, and

nourishing, principally of lean fresh meats, boiled or stewed, rather than fried in fat. Eat moderately of whatever seems to suit the stomach best.

BRONCHITIS.

Chronic bronchitis is distinguished by a troublesome cough sometimes dry but usually attended with copious expectoration; inflammation and soreness of the *mucous* membrane of the bronchial tube.

The disease often results from neglected colds and chronic catarrh of the head; it may also be caused by a relaxation of the palate, which lodges on the root of the tongue and excites a tickling sensation, this the patient relieves by a hacking cough which removes the palate to another place, but in a moment the tickling begins again, followed by the same effort to remove it. Like a "continual dropping which wears the stone," this kind of cough irritates the bronchial passages, which in time extends to the lungs, and may finally terminate in consumption.

In many cases this disease is aggravated by other derangements, such as general debility, imperfect circulation, inaction of the skin, cold feet, dyspepsia and other symptoms. The patient will generally observe, that when the great functions of the body proceed harmoniously and healthfully, he is quite free from the bronchial disease. This fact indicates clearly that the treatment should be general as well as local. The great object should be to restore tone and vigor to the whole body; to induce a free circulation of the blood, and a regular performance of all the functions of the skin and abdominal organs.

If there be an elongation of the palate and irritation, as above described, a piece of it may be cut off with a pair of long scissors, or by some more appropriate instrument. Use the gargle prescribed under Loss of Voice.

The Green Mountain Ointment as a local remedy, has performed most wonderful cures in this disease. It should be used with the other remedies indicated.

Treatment.—We must begin by prohibiting the following, viz.:—Strong liquors, and all such as abound in acids, or such as easily become acid in the stomach, as a proper system of diet is of the greatest importance; and all warm watery liquids, if drank too copiously; also heavy suppers, eating between meals, generally all food of difficult digestion, such as smoked meats, pastry, fat pork or beef, raw vegetables, salads, and unripe fruits;

also boiled parsnips, carrots, rich soups, jellies, and sauces. The want of food, again, or a mistaken neglect of regular meals, will as certainly aggravate the disease in many, as a moderate and light meal of tender animal food will alleviate the symptoms in others.

The food, both at breakfast and dinner, should be chiefly solid animal food, of the lightest sort, such as good mutton, roasted or in chops, veal, fowl, eggs, &c., with biscuit instead of bread. New bread, in particular, is extremely improper; and even stale bread, in many constitutions, is liable to ferment on the stomach, and give rise to flatulence and eructations.

The exercise most beneficial is moderate walking or riding, so as not to quicken the breathing, in dry air; in cold weather, moderate exercise with the dumb bells, or the like, within doors, must be had recourse to. The dress should be regulated as in all invalid cases, by the state of the weather. Cold changeable weather, with east and north-east winds, must be carefully guarded against by silk and woolen clothing.

In ACUTE BRONCHITIS, emetics may occasionally be given, to disgorge the bronchial cells; sudorific medicines must also be given. The bowels must be kept open with the Vegetable Pills.

The Consumptive's Balm or the Health Bitters may be taken. The body should often be bathed with warm water and lye; also the feet frequently soaked and mustard applied if deemed necessary.

If the cough be so troublesome as to require immediate relief, take two tea-spoonfuls of the Syrup of Poppies.

A S T H M A .

THIS disease is of two species, the dry or spasmodic, and the humid; the former is rare compared to the latter.

Our space forbids us to enter into the causes of asthma—suffice, that it often results from other complaints, such as disorders of the stomach, bowels, liver or skin, manifesting itself in violent periodical or intermittent fits. The real cause should therefore be ascertained if possible, and suitable remedies applied.

The symptoms are too well known to need enumeration.

Treatment.—Most persons are forewarned of an approaching fit by certain premonitions. These signs ought to receive *immediate* attention. The feet should be immersed in warm lye-water, and warm herb tea taken to produce quick perspiration, and drafts placed on the soles of the feet. A dose of the Vegetable

Pills may be taken. This simple treatment will often prevent or otherwise mitigate the paroxysm.

The same course is to be followed when the fit has come on, viz.: a resort to the foot-bath and warm diaphoretic drinks, also mustard plasters applied to the feet, and five to ten grains of carbonate of ammonia, or a tea-spoonful of the solution given in a cup of the tea, repeated when necessary; and if there be much pain in the breast, lay hot flannels or a bladder of hot water over the seat of the pain.

An emetic of twenty grains of ipecacuanha powder may be given, if the foregoing has not afforded relief, or if the patient is averse to this, give three grains of Dover's Powders every second or third hour till relief is obtained.

If the fit be very severe, attended with a sense of suffocation, give a tea-spoonful or more of the Tincture of Lobelia every half hour, in a cup of warm tea, till there is an abatement of the symptoms.

Dr. Eberle, of Philadelphia, says,—“Of all the remedies we possess, the *lobelia inflata* is, I think, decidedly the most valuable in this affection. I have known the most violent paroxysm of spasmodic asthma completely subdued in less than half an hour.”

“The good effects of a full dose, (a table-spoonful,) are often experienced in less than ten or fifteen minutes after it is taken.”

We would, however, advise, that the directions above be followed, and if more can be borne to increase the dose.

The common spider's web, found in cellars, garrets, barns, &c., is said to possess a wonderful influence in paroxysms of asthma; ten to twenty grains may be rolled into a pill, or otherwise taken.

Electro Magnetism, produced by the graduated magnetic machine, is a speedy and safe remedy, affording relief in from five to fifteen minutes. The current should be passed through the chest from the nape of the neck to the pit of the stomach. This agent may, perseveringly used, prove a means of complete cure.

When the patient has recovered from a fit, he should commence a series of remedies for a permanent cure; the following points are to be attended to, viz.:—The bowels to be kept open with the Vegetable Pills, in occasional doses and by a single pill daily.

Tonic medicines, such as the Health Bitters and the Consumptive's Balm are requisite.

Daily bathing and friction are indispensable.

The lobelia may be given twice a week, sufficient to produce vomiting.

The following may be tried:—Take one part of lobelia, two parts each of skunk cabbage, liverwort, Solomon's seal, comfrey and slippery elm, and half a part of blood-root. Cover with alcohol and macerate a few days, taking half a table-spoonful thrice a day; the same may be made into a decoction or syrup.

Local complaints on which the asthma may depend, are to be discovered and removed if possible.

The diet must be light and digestible, chiefly of fresh animal food, eggs, bread, tea, &c.

Cold and damp air, particularly in those who are full of blood, and at the same time, of comparatively weak constitution, to be most carefully avoided. Those who inherit asthma from their parents ought to be particularly careful of their dress, and of their living.

Let the patient persevere, with fidelity and intelligence, for months, alternating the remedies as may be found best, and complete success will undoubtedly be attained.

CONSUMPTION OF THE LUNGS.

As to the chief cause of consumption of the lungs, a disease which carries off about one-sixth of the population of this country,—hereditary predisposition seems to be the principal, but how this operates in gradually destroying the substance of the lungs is not understood. It may be proper here to point out some of the marks of hereditary predisposition.

One of the most common marks of a consumptive constitution is the fulness and prominence of the eyes, with a very large pupil, and the eye-lashes long and glossy. The teeth are in most cases white and pure. The chest is narrow, the breast-bone being pressed in upon the lungs, and preventing their full expansion. The neck is long; the shoulders high; the temples lank and hollow; and the whole form slender and delicate. A smooth, fair, ruddy complexion, and a fine clear transparent skin, are the most certain marks. There is usually also, in such persons, great quickness and genius, occasioned perhaps by the great sensibility in the nerves.

Perhaps the earliest symptoms, of commencing Consumption, even before the lungs are the least affected, and before there is any cough, is an unusually clear pearly lustre in the white of the eye, and more particularly in the teeth, while the skin also be-

comes more clear and delicate, and the fingers more slender between the joints. It is a strong mark of beginning consumption when the patient is very liable to colds.

When the lungs *begin* to be affected, the first feeling is unusual languor; the breath is drawn with less ease, and more shortly and hurriedly than formerly. This is often not perceived, unless in going up a stair or on using any exertion of the body. Still there may be no cough, and the pulse may be quite natural, but easily excited by quick walking, exertion, or drinking beer, wine, or spirits.

The next symptom is cough, at first very trifling, and not nearly so troublesome as that from a common cold, though the weakness and languor become distressing. The cough is short and dry, and nothing is expectorated, or, if anything, only a kind of frothy mucous from the top of the throat. If this taste saltish, it is an unfavorable sign. Sometimes there will appear in it a streak of blood, or a small clot like a pin's head. These particles of blood are often so small as to escape observation for weeks together. What is expectorated should, therefore, be examined with a magnifying glass.

The symptoms still increasing, there is a feeling of oppression, or straitness about the chest and lungs, and usually, though not always, a sharp pain in the breast or side, which, on drawing in a full breath, is increased. This pain, or uneasiness in the chest, is usually worse on lying down. The pulse quickens, particularly towards evening; more than ordinary perspiration occurs during the night; the sleep may be disturbed by coughing, or a severe fit take place in the morning, and the patient feels relaxed and weak. The spirits now become low; the appetite impaired; the tongue usually white, and there is generally considerable heat and thirst; the face flushes after eating, and the palms of the hands burn.

This may be called the first and more hopeful stage of the disease.

Confirmed Consumption.—The disease now assumes its genuine aspect. The flesh gradually wastes away, and the skin, teeth, and the whites of the eyes, become more and more pure and pearly; while the cheek

— assumes the rose's bloom,
The hue that haunts it to the tomb.

The pulse and cough increase in frequency, and what is spit

up is different in different cases, either watery like whey, with occasional streaks of blood, or livid, deep black, light brown, or light green. The oppression of the chest becomes constant, and the patient can only lie with ease on the side affected. The nose becomes sharp, the eyes sink, the body shrinks, the back-bone projects, and the shoulder-blades stand out like the wings of a bird. Such is the usual train of symptoms that precede the third and fatal stage.

As it is of great importance, in so insidious a disease, to be certain of its nature, several tests have been proposed, to distinguish between ordinary phlegm and genuine pus. If merely phlegm or mucous, the hope of safety is greater; if pus, that is, the matter of an ulcer, it is, to say the least, a strong reason of alarm. Mucous appears, in the microscope, to be made up of flakes, while pus is a whitish fluid of the consistence of cream, and composed of opaque globules, much smaller than pins' heads, surrounded by a transparent liquid.

Take a glass of pure water and spit into it what the cough brings up. If it swim, and continue to do so for some hours, you may be certain it is not pus.

We have thus endeavored briefly to point out the chief characteristics which mark the different stages of this insidious disease, particularly the early symptoms, so that it may be detected, and measures taken to arrest it.

As the disease, when advanced to a certain stage is usually incurable, we will first devote a little space to the subject of *prevention*.

We remark that a large, well developed chest and corresponding lungs, with a sound nervous system, is the basis of a good constitution, of robust health, of physical and mental power, and of long life. The importance of the lungs in the animal economy cannot be over-rated. "The life of the body," to do its perfect work, must, in its ceaseless round, have due exposure to the air, through the multitudinous cells and folds of the lungs, otherwise it becomes cold and stagnant, neither effectually nourishing the ever-wasting body, nor removing the worn-out matter constantly resulting.

No wonder that the compressed lungs should literally rot, in their narrow chamber. Let any person firmly bind two of his fingers together, and in time they will become a running sore. How then can we expect that those delicate organs, the lungs, shall remain sound while thus cramped and confined?

Before proceeding to treatment, we propose a few remarks, appropriate to the different stages of the disease.

1st. Let consumptive parents who desire to see their children outgrow the ancestral taint, employ *systematic* training to enlarge the chest and lungs, while the body is growing rapidly, and can be moulded to any form. Let it be their ambition to make them healthy and handsome animals, rather than intellectual and moral prodigies.

2nd. Let those persons who inherit consumption or the consumptive form, take energetic measures to expand the chest and increase the volume of the lungs. Regular, daily gymnastic exercise is probably the best means; also rowing, riding on horse-back; use of dumb-bells; striking out with the fists clenched, and the muscles of the arm rigid, forwards and backwards, upwards and downwards, &c.; running up hill, with all other proper means; while sitting or walking, practice long, deep inspirations, filling the lungs to their utmost capacity, and allowing the air to escape slowly, or an inhaling tube may be used, at the same time erect the head and throw the shoulders back. Give the body a shower-bath or a cold wash daily, with abundant friction. Guard against colds, and avoid excesses of all kinds. By a long continued practice of the above, with pure air, nourishing food, and cheerful society, such persons may hope to outgrow their consumptive tendency. In full-grown persons, (males,) the circumference of the chest to be aimed at, should be from thirty-six to forty-five inches, according to the height and general cast of the figure, with such a chest, a person may defy consumption.

3rd. For those whose cases have advanced, and the lungs become somewhat diseased, the same general directions are to be followed, so far as the strength will permit. If the occupation be severe and exhausting to either body or mind, it should be relaxed, or if circumstances will permit, the patient should retire from business to such situation as will afford pure air and suitable exercise for the body, and *rest* to the mind; in short, to devote his whole attention to those means which will enlarge the lungs and heal the ulcers. Severe exercise which would otherwise expand the lungs, cannot perhaps be used, because the increased circulation would be too oppressive, and might cause hemorrhage; artificial means are therefore requisite.

Dr. Ramadge, of London, found that a tumor on the neck of one of his patients far advanced with consumption, caused great

difficulty of breathing, by reason of the pressure on the wind-pipe; the long drawn, heavy breathing consequent, expanded the lungs and chest and cured the patient. From this originated the various breathing tubes now in use, the best of which are made of silver and have a valve which permits tolerably free access to the air, but slow exit. This simple instrument will sometimes cure deep-seated consumption; but many cases, particularly when the disease is of a scrofulous nature, require an alterative medicine which shall heal and remove it. We know of none so safe and efficient as the Consumptive's Balm, and would recommend it to all who have tubercles or ulcers, at the same time that there be no relaxation of the other means spoken of. Above all, the patient must not give way to despondency, nor consider himself doomed to die; many consumptives, with a full knowledge of their condition, by intelligence, perseverance and determination not to yield an inch to the enemy, have prolonged their lives many years, while thousands die from sheer *ignorance and inactivity*. We would therefore, most earnestly, recommend every consumptive person, male or female, to become thoroughly acquainted with the nature of the disease in all its forms, and determine the exact nature of their own complaint and then seek out the appropriate remedies, and follow them up with energy and cheerfulness.

The medicines most clearly indicated for this disease, are those which are mildly tonic, alterative, pectoral, expectorant, anodyne, demulcent, diaphoretic, &c., and can be selected from the ample materia medica in another part of this work.

For night sweats, take thirty or forty drops of elixir vitriol in a little water at bed-time, or if this fail, four to six grains of Dover's powders may be given.

For the Diarrhœa, common to the last stages, use the Dysentery Syrup.

We have received from Dr. Libby the following recipe, which he says he has found very valuable, not only for consumptive cough but for all kinds of coughs, colds, &c.

Cough Syrup.—Take a quarter of a pound of loaf sugar, a wine-glassful of sweet oil, the juice of two lemons, the whites of two eggs, and three table-spoonfuls of paregoric. Mix thoroughly, and before being taken, the bottle to be well shaken. Dose:—A table-spoonful at bed-time, on rising in the morning, and two or three times during the day, or oftener if the cough be troublesome.

Make a syrup of the following articles, viz.:—The common polypody, black cohosh, liverwort, skunk cabbage, elecampane, comfrey, spikenard, with a small proportion of blood-root, and flavor with anise-seed. Take one or two table-spoonfuls three or four times a-day. This syrup is excellent for bleeding at the lungs.

A pill made of white pine turpentine, taken each morning, we have seen do wonders.

We cannot too highly recommend slippery-elm, it possesses so many desirable qualities for consumption, that it should be used daily in all stages of the disease.

The diet should be nourishing but mild, chiefly of milk and well-boiled vegetables, or farinaceous matters, such as sago, arrow-root; soft boiled eggs may be used; also, a little fresh animal food, more particularly the white meats, such as veal, chicken, &c., beef-tea, broths, jellies, &c.; avoiding salted, high-seasoned and the more stimulating sorts of animal food, also, greens and watery vegetables. Pilot bread is better than ordinary fresh bread. Milk, with a little super-carbonate of soda, and moderately sweetened is a good drink; black tea may be used commonly at meals, at other times pure water, with a few drops of elixir vitriol or tinged with port wine, or any of the small beers, for which recipes are hereafter given.

The periods of taking food should not be so distant as in health; and the quantity should not be oppressive to the stomach. As the disease advances, and the debility increases, the diet is required to be of a more generous kind; beef-steaks and porter may prove serviceable.

The great fault of our climate is its changeable nature. The alternations are rapid and extreme, particularly in spring and autumn, and indeed in winter and summer, accompanied by a chilly dampness, very trying to the debilitated consumptive. Great care then should be taken to guard against these changes.

The atmosphere, in which a consumptive person resides, should, in all the stages of the disease, be mild, dry, and equable, in respect to temperature; and if this cannot be secured in the country of his residence, it should either be sought for early abroad, or produced artificially at home. The exercise should be moderate and regular; and taken in the morning, when the strength is most capable of being exerted without exhaustion. Carriage exercise, riding on horseback, sailing, and swinging, are the kinds of exercise best adapted to the consumptive. But



of all exercises, that on horseback is probably attended by the happiest results. Commence by a very short ride, and increase daily as the strength will permit. In a short time, persons who had been unable to ride a mile at a time, could ride many miles, and be quite fresh at the end of the journey. Avoid fatigue.

In order to draw the disease from the lungs, first attend to the skin and disperse the disease as soon as possible. Constant and long-continued friction with the flesh-brush, and bathing the whole body with warm vinegar, twice a day. This, at least if properly persevered in, will draw a surplus of blood to the skin, and prevent it from accumulating in the lungs, and thus causing inflammation and cough; or, if need be, a warm plaster may be applied on the chest.

The next channel by which the surplus blood may be drawn off from the lungs is the bowels. A dose, for example, of the Vegetable Pills taken occasionally, will stimulate the inner coats of the intestines, in the same way as the flesh-brush, or the warm vinegar, stimulates the skin. Violent purgatives, however, must be avoided, as the general strength will be much injured by them, and the disease will be accelerated.

For the same reason we strongly deprecate bleeding. Many of those who die of consumption have, by the lancet, at the beginning of the disease, been weakened beyond the chance of recovery.

When there is expectoration with a consumptive cough, the cough is caused by the phlegm accumulating in the lungs. Now, in whatever proportion we can remove this phlegm, we shall, in the same proportion, diminish or relieve the cough; an object of great importance, even when the disease is quite incurable. Inhaling the steam of water, will dilute the phlegm, and render its expulsion more easy; but the effect in this way cannot be great. We must, therefore, have recourse to indirect means; by far the most powerful of which is an emetic. Those who have felt the harassing of a consumptive or catarrhal cough, which exhausts the strength, deranges the stomach, and often brings on severe headache, will easily be persuaded to make trial of the following:—

Take from twelve to twenty grains, from half to a whole teaspoonful of ipecacuanha in powder, a table-spoonful of the infusion of camomile flowers; mix, and take immediately, any time between five and seven in the morning, in bed. This dose may be diminished or increased according to its effects; one, or at most, two operations will be sufficient. The operation will,

generally be over within an hour; after which, the patient should take a short sleep; and, on awaking, may have breakfast in bed; and afterwards, if able, may rise and take his morning exercise. The effect should be to prevent, or greatly relieve the cough during the day; but, if this again should prove troublesome at night, the emetic should be repeated an hour before bed-time, in the same quantity as in the morning.

It will always be important to avoid all inflammatory food, violent exercise, and too warm clothing. One of the mildest and least inflammatory articles of diet for the consumptive is milk, and its several preparations, provided always that it be used judiciously.

Almost all English Physicians esteem the milk of the ass as the lightest and most suitable for far-gone consumptives; but if real ass's milk cannot be procured, try *artificial*. Bruise eighteen garden snails, with one ounce of hartshorn shavings, one ounce of eryngo-root, three ounces of liquorice-root, one ounce of pearl-barley; boil these in six pints of water, down to half the quantity; add one ounce and a half of Syrup of Tolu. Take one gill morning and evening, mixed with the same quantity of fresh milk from the cow. The snails may be omitted, or their use concealed from the patient.

When the milk of cows is used, it should always be allowed to stand till the cream can be removed; or, when drank warm from the cow, that which is first drawn from the udder is the best, as it contains least cream; for this is always hurtful. Butter-milk has been found excellent in the first stages of consumption, when drank fresh, and in some quantity. If it disagree, it may, be taken at first in small, and afterwards in increased quantities.

CONCLUDING REMARKS.—It is beyond all question true that the consumption is a curable disease. Some of the ablest medical writers assert this; among whom we may cite the celebrated names of Laennec, Andral, Cruvillier, Stokes and Williams. Their researches, as well as the more recent ones of Rogee and Boudet, show that so far from pulmonary tubercle being necessarily fatal, it is spontaneously cured by nature in a vast number of cases, even when large ulcers have been formed on the lungs.

In a late number of the British Medical Review, (October, 1847,) the following remarks occur:—"The curability of this disorder, (consumption,) is a matter, therefore, which no longer admits of a dispute. It is a fact, as certain as the curability of

pneumonia, or the union of a fracture; and is susceptible of demonstration, by means of well-preserved preparations."

To cure it, however, something must be done besides allaying the cough. This, of course, should be attended to. But the work scarcely *begins* here. The feverish, hectic condition must be changed; and all the peculiar symptoms of the Consumptive patient relieved. The great object, however, is to arrest the progress of the ulcers (or tubercles,) upon the lungs, and to heal them permanently. Health will then follow. This the Graefenberg Consumptive's Balm will do; and it is believed to be the only remedy ever discovered. It acts at once upon the tubercles and invariably arrests their progress, and restores the lungs to soundness. It will not, of course, replace those portions of the lungs already consumed, but it will heal what may be left, leaving the individual in health, though it may be with diminished lungs.

HOOPING-COUGH.

THIS is one of those peculiar diseases which most persons more generally during childhood, have once in their lives. It is undoubtedly produced by infection or contagion, and seems to be of such a nature as necessarily to run a regular, and frequently a very protracted course.

This disorder commences like a common cold, but with a universal soreness of the flesh. While the soreness continues, which is usually three or four days, there is a short, hacking, husky effort, hardly amounting to a cough.

Afterwards the soreness of the belly diminishes, and the hiccupish convulsive cough, characteristic of the disease, comes on. Between the fourteenth and twentieth day, the disorder puts on its peculiar symptom, which is a singular retch, catch, hiccup, or cough, accompanied by a sort of half-crowing sound, denominated a hoop, or whoop. The fits of hooping recur three, four, or five times in the twenty-four hours. The severest of these come on about two o'clock in the morning, usually after the first sleep; and it is about this hour that death usually takes place in fatal cases. The fits may recur, at any time, from sudden surprise, or violent or suddenly excited passions.

Vomiting, or retching, is a very common occurrence. The first stage usually continues for a week or ten days. The second, or violent stage, may last from a few weeks to a few months; and the third stage, or decline, may continue a month or two, or may hang about a patient for a year or more.

The danger of whooping-cough is always greater, the younger the patient happens to be; it is also more dangerous in weakly children than in the robust. When there is much feverish heat and difficulty of breathing, with little discharge of phlegm after the fit, and when the fit exhausts the patient much, and leaves him breathless or fatigued, it is a bad sign, and danger may be apprehended. When the hands and feet are not chilly, the skin comfortably warm and moist, the bowels open, the urine copious, easy and abundant expectoration, and free vomiting, or moderate bleeding from the nose, at the end of the fit, the patient may be said to be in a favorable state.

Treatment.—The general principles of treatment in whooping-cough are, in the early stage of the disease, to moderate its violence and to attend to urgent symptoms; and in the advanced period to check its course and remove the spasmodic habit.

Vomiting often occurs during a fit of coughing, which cleanses the stomach and greatly relieves the cough. When the fit is severe and without vomiting, a gentle emetic of ipecacuanha may be given, and repeated as often as occasion requires. The Syrup of Poppies may be given according to the age, in a cup of pennyroyal tea, to allay coughing.

The feet should be bathed in warm lye-water every night, and drafts applied to the feet.

Keep the bowels open with the pills or with castor-oil.

Dr. Thos. Cooke, says of black cohosh:—"This article is the best and most efficacious of all others in whooping-cough, and rarely has it failed to produce decidedly beneficial effects, rendering the cough less violent and the expectoration free, and in many instances apparently bringing the disease to an abrupt, yet happy termination."

Take an ounce of the ground root and macerate a few days in half-a-pint of alcohol, and give from ten drops to a tea-spoonful, according to the age.

Embrocation.—Take one ounce of oil of amber, two ounces of olive oil; mix, and scent it strongly with oil of cloves; keep in a vial for use. It may be rubbed on the chest, in any quantity, twice or thrice a day.

For convulsions give a little ether.

The diet should be light, of milk, chicken-broth, bread, &c.

CROUP.

Symptoms.—Croup is an inflammation of the windpipe, and happens only to children. It is marked by the child's breathing being longer than natural, and accompanied by a particular wheezing sound; a sharp, ringing or barking noise also distinguishes the cough attendant on this affection.

The disease occurs in fits, which agitate the whole body; there is nausea, thirst, restlessness, and expectoration, the mucous is raised with great difficulty. It is a very dangerous disease, and sometimes terminates in twenty-four hours; ordinarily, however, it runs on four or five days.

Treatment.—If the disease is plainly marked, give an emetic at once, and follow up, a shorttime after the operation of the emetic, with a smart dose of the Vegetable Pills. Bathe the whole body and soak the feet; also apply mustard poultices to the feet, between the shoulder-blades, and to the chest in succession; cover the neck with a plaster of the Green Mountain Ointment, renewing the ointment frequently; or bathe the neck and chest with some stimulating liniment. Continue the treatment as above indicated till the disease yields.

To prevent a recurrence of the disease, a Vegetable Pill, or a part of one, according to the age, should be given each morning, also give suitable doses of the Health Bitters. Bathing and friction should be duly attended to, with active exercise, and a nutritious diet of easy digestion. Guard against taking cold.

MUMPS.

This is a contagious, and sometimes an epidemic disease, and consists in a swelling of the glands of the throat and neck, so severe in many cases, as to cause difficulty of respiration and swallowing.

Treatment.—The bowels should be kept open by a moderate use of the pills, and the skin gently active, by warm catnip tea. The patient should remain in bed and keep warm. Apply a plaster of the Green Mountain Ointment to the seat of the disease, renewing the Ointment once or twice in the twenty-four hours; or bathe the part with camphor liniment, three or four times a day. The disease in grown people frequently settles on the testicles or other parts, in which case sudorific medicines may be freely given and the Ointment or slippery elm poultices, applied to the affected part.

DISEASES OF THE BLOOD.

IN order to explain the diseases or derangement occurring in the blood, and the vessels which carry it, we must endeavor to give a brief and plain sketch of its circulation, and its uses, in a state of health.

HEALTHY STATE OF THE ORGANS OF CIRCULATION.

We have already shown that the aliment separated from the digested food, by the agency of the bile and the pancreatic fluid, is carried from the intestines by numerous minute vessels which unite into one, and go on straight without any circuitous turn, pouring its contents into a vein that runs under the shoulder-blade, to be forwarded to the heart.

THE VEINS AND ARTERIES.

The veins are blood-vessels of various sizes, which run from all parts of the body towards the heart; but never go from the heart to any part of the body. This may easily be proved by pressing the finger on any of the veins which may be seen swollen with blood on the back of the hand, when the blood will instantly be observed to fill the part farthest from the heart; while between the heart and the point of pressure, the vessel will appear empty of blood. How, then, it may be asked, is the blood, which is thus poured by the veins into the heart, returned to the body? This is accomplished, by means of another set of blood-vessels, called arteries, which constantly carry out from the heart the blood that the veins as constantly return to it.

THE HEART.

The heart is a strong muscular vessel, formed not unlike a sugar-loaf, placed in the chest toward the front of the lungs; the point of which rests on the midriff or partition muscle of the chest. It is lodged, in all cases, in a membranous bag, whose interior is moistened with a watery fluid. In the heart are four chambers, which have communicating valves or doors that open and shut with the nicest mechanism, according as they are wanted.

THE COURSE OF THE BLOOD.

We are now prepared to trace the circulating current of the blood in its wonderful course, as discovered by Harvey, about two hundred years ago. The vein in which the prepared aliment becomes mixed with the blood, in passing to the heart, is joined by all the veins from the upper part of the body; the whole forming one large vein, which, as it approaches the heart, is defended by a valve, and unites with another large vein that brings all the returned blood from the lower part of the body.

These two veins, from the two extremities of the body, empty their blood into the first chamber or reservoir of the heart, situated in front, and in some animals on its left side; and when this is full, it bursts open the doors or valves of the second chamber, empties itself into it, and the doors immediately shut behind it and prevents its return. This second chamber, whose interior is in form of a pyramid, and has fleshy columns or pillars stretching across it, being now full, its sides contract, and throw the blood with a forcible jet upwards into a large canal—not a vein, but an artery. The outlet here is also guarded with valves, which, when the jet of blood has passed, become shut to prevent its return; and it is then carried forward to the lungs, to be distributed through their minute cells, and exposed to the air, for the purpose of changing its color from dark to a bright red.

As soon as the blood has undergone this change in the lungs, it is passed back again to the heart by a number of minute veins, which unite into four large ones, and these empty their contents into the third chamber of the heart, which has fleshy pillars crossing it similar to those in the second chamber. From this third chamber the blood is carried forward to the fourth chamber, which, when it is full, strongly contracts its sides, and throws its blood with a jet into the large artery that branches out to all parts of the body; the branches becoming more numerous and more minute as they proceed, till at length they

become so small as to elude our sight. They refuse, when so very small, to admit the red part of the blood—at least we cannot discover it; and here we are compelled to confess our limited powers of investigation: thus far can we go, and no farther.

We have said that the veins return the blood to the heart, and they begin hair-like and minute, in the same way as the arteries terminate: but we cannot, in any instance, trace the red blood going from the ends of the arteries into the ends of the veins, for the termination of the arteries do not contain red blood, but a pale roseate fluid; and it is only after they increase in size that this red blood is discovered in the veins. How then does the red blood pass from one canal into another? How does it pass from the arteries to the veins? We cannot tell;—we must acknowledge our ignorance. One thing we know that the blood supplies nourishment to the body, which would otherwise rapidly waste away.

SOURCE OF ANIMAL HEAT.

When the dark blood of the veins is changed by the fresh air taken into the lungs by breathing into the bright scarlet blood of the arteries, the latent or insensible heat of the air is forced out, and part goes off with the moisture of the returning breath, while part is communicated to the scarlet blood to be distributed throughout the body, previously in part robbed of its heat by the dark blood of the veins, which is always colder than the scarlet blood. This explains the coldness and chills produced when the blood does not circulate freely, and the hot feelings produced by its too rapid circulation.

DISORDERS OF THE BLOOD AND THE CIRCULATION.

Having thus described the changes undergone by the blood, and its circulation through the body, from the heart to the minute hair-like vessels where it escapes our minutest search, we shall now go on to consider the disorders to which it may be liable, beginning with fever and inflammation.

GENERAL NOTICE OF FEVERS.

As fevers constitute a large majority of the diseases which afflict civilized mankind, we shall endeavor to point out the general principles of treatment common to all species of fevers.

"Nothing" says Dr. Macrobin "is known with respect to the nature, or proximate cause of fever. We comprehend the disease merely by its effects; and these consist in a general derangement of the solids as well as the fluids of the body."

There are two conditions common to all fevers, viz.: more or less disturbance, *first*, of the functions of the brain and nervous system, and *second*, of the circulating system; the former indicated by the prostration of strength and loss of mental energy, &c.; the latter by the altered state of the pulse, which is at first weak and irregular, afterwards strong and rapid; by the unnatural temperature and condition of the skin; by headache, pain in the back and loins, nausea, &c.; and by a diminution and vitiation of all the secretions and excretions of the body.

Another circumstance is that all fevers commence with a cold stage, more or less severe. This is a very important fact, and one we think, that has not been sufficiently impressed on the popular mind, and has much to do in the *prevention* or mitigation of the disease; we will, therefore, point out some of the more prominent of the

Primary Symptoms which mark the cold or forming stage of fevers. There is a general feeling of chilliness, the skin being pale harsh and rigid, with a trembling, shaking, yawning, &c.; dullness and inactivity of both mind and body; weakness and low spirits; pain in the head, back of the neck, small of the back, &c., feeble pulse, short and oppressed respiration; sickness of the stomach and vomiting, &c. These symptoms may or may not all be present at once—sometimes this stage is marked principally by vomiting and some of the other symptoms, without the coldness, nor can we determine from them, with any certainty what particular direction the disease may take; but we do not hesitate to say that *these* symptoms being properly attended to, the fever which is now fast forming can be broken up, and the health and often the life saved. We do not believe that because the body has retained a portion of its own waste, or become impregnated with poison, by contagion, infection or miasma, that a long course of fever and medicine are necessary to restore it; and it is unquestionable that the severity of the disease, other things being equal, is in proportion to the prompt-

ness and appropriateness of the remedies. Therefore let these early or primary symptoms receive due attention, by such domestic treatment as is within reach of every family; and especially let mothers, who are truly the guardian angels of their families, understand these things; let her eyes be ever open to note every change in the countenance, the habits and actions of those she loves, and if any bad symptoms appear, to counteract them at once by simple and efficient means. A foot-bath and warm drinks followed by a dose of four or five Vegetable Pills, with spare diet, rest, &c., will generally obviate all the symptoms and restore to health; if not, the other means hereafter indicated must be used. The duration of the cold stage may be but a few hours or in rare cases it may continue several days with occasional turns of slight heat.

We have now pointed out the usual symptoms of the commencement of fevers and endeavored to awaken seasonable attention to them, we proceed to notice the

Secondary Symptoms, or those of *reaction*. The cold skin becomes flushed and red, with a disagreeable dryness; there is thirst, loss of appetite, nausea, and vomiting; the pains in the head and back become more acute, the pulse rapid and hard; there is considerable debility and depression of spirits, irritability and restlessness, with soreness of the bones and muscles; the tongue is furred, the stomach foul and the digestion interrupted; the bowels are costive; and the urine scanty and high-colored; in a word all the operations of the body seem to be deranged or suspended.

The obvious policy is to set nature at work again, as soon as possible, in order to rid the body of the foul matter received or generated within it; to diminish the circulation, break the fever, support the strength, and to attend to any local disorders that may spring up. Nature is evidently hard at work endeavoring to return to a state of health, and all the physician and his medicine can do, is to aid her in her efforts and follow the indications she gives.

Emetics.—The stomach being foul and loaded with morbid matter, attempts to remove it by spontaneous vomiting, but the bile, &c. is not always evacuated by this; an emetic is necessary to thoroughly cleanse the stomach, and when given early it often arrests the disease at once. Its action is very favorable not only cleansing the stomach but dispersing the blood to the skin and extremities. It starts perspiration, opens the pores

and glands, and when the bile, either yellow or green is vomited, the patient is almost sure of relief. To stop vomiting, give half a wine-glass of raw brandy, and if thrown up, repeat it; or give clove or cinnamon tea. A repetition of the emetic is not often desirable or proper.

To prevent the retching and distress often experienced in the operation of an emetic, vomit forwards; the body should be square and not twisted to the right or left, as is often the case while lying in bed. The muscles of the chest and abdomen should be as slack as possible.

Purgatives are indispensable; the alvine evacuations must be restored as early as can be done, by the use of four to six of the Vegetable Pills, and to be repeated daily, or every other day in smaller doses. The liver is disgorged through the bowels and by this means.

The Graefenberg Vegetable Pills are particularly adapted to fevers, they may be given at all stages of the disease without danger of inflammation; they effectually open the bowels and at the same time operate on the liver and kidneys, and to some considerable extent on the skin.

Calomel is frequently resorted to in fevers, and generally in very large doses, but we cannot recommend it. Dr. Dickson makes this remark, "Calomel is a medicine or a poison, according to the quantity of the agent, and its fitness or unfitness for the constitution of the patient." We coincide with his opinion, and are free to admit that under certain circumstances it may prove a valuable medical agent; but indiscriminately and as ordinarily given, in doses twenty, forty, and sometimes eighty times too large, we believe that so powerful, and to say the least, so questionable a remedy is uncalled for. Nature attempts to do her work placidly and quietly, and all violent medicines disturb her, and often do more mischief than good.

Should the bowels be so torpid, that the common purgatives will not operate, injections of sweet or castor oil, milk, molasses and tepid water may be given, and repeated once or twice a day. It is of great importance that the bowels be kept open.

Diuretic Medicines are requisite to set the kidneys at work. Sweet spirit of nitre, half, to a whole teaspoonful every two hours, is an excellent diuretic.

The Skin requires very early attention.* It must be re-

* "The late Dr. Currie, of Liverpool, was in the habit of dashing cold water over his patients attacked with high fever, which in the commencement of the disease is a practice much to be recommended, and enjoying the countenance of the profession. The

laxed and the pores opened by bathing the body in the hot stage, with alkaline water. Dr. Beach in his excellent work, "The Reformed Practice" says: "A tenacious, viscid, perspirable matter, is deposited upon the surface of the body in febrile diseases, which dries upon it, and becomes an additional means of keeping the pores closed. The usual moisture being gone, a preternatural heat is generated, which creates great distress, and protracts the fever, this, obviously points out the propriety of *frequently bathing the surface*; it removes every thing that obstructs perspiration, by relaxing the cutaneous vessels, and the evaporation which follows, diminishes the temperature of the body surprisingly. Nothing is better for this purpose than warm water with lye added."

The lye is very necessary, because water alone will not remove the oily, gummy matters perspired. It not only cleanses but softens the skin, but seems to invite perspiration by its stimulating or relaxing nature. Lye obtained by putting clean wood ashes into a suitable quantity of water, and when settled pouring off the clear liquid, is better than a solution of pot or pearl ashes.

Diaphoretic medicines, such as warm infusions of either boneset, catnip, sage or balm; Dover's powder, ipecacuanha, &c., are required, and the moment free perspiration breaks forth, there will be a melioration of all the distressing symptoms. After this, gentle perspiration only need be maintained, because long-continued sweating debilitates the body, which is to be particularly avoided. After perspiration is established, it is very important in all fevers, particularly those of an intermittent or bilious nature, to keep up the strength of the patient by the use of

Tonic and febrifuge medicines; for this purpose, one of the Fever and Ague pills may be taken every second or third hour, alternated between each, with a sufficient quantity of any of the vegetable teas, to maintain a gentle action of the skin: continue this throughout. Or in lieu of the pills, grain doses of the sulphate of quinine, with the herb teas, may be used. Occasionally quinine is found not to agree, when its use must be sus-

affusion of cold water moderates the excessive heat and thirst, and other symptoms of high excitement; lowers the pulse; and when it agrees, and is resorted to early, will sometimes cut short the fever at once, and prove more directly and permanently beneficial than any other remedy. The best time to use it is when the fever is at its height, and may be employed with safety at any time during the first eight or ten days, that the heat of the body is steadily above its natural state. It should not be employed when there is any sense of chilliness, or any degree of perspiration present; and if this remark be borne in mind, it can scarcely ever be injurious in the early periods of the disease."—[Graham.]

pended. Ipecacuanha has also remarkable febrifuge and tonic, as well as emetic and diaphoretic properties, and will be found very useful in all kinds of fevers; it may be taken in the form of tincture or powders—a small spoonful of the former, or three grains of the latter, regularly every three or four hours day and night, in a cup of herb tea. Nevertheless, the patient is never to be disturbed from a natural and refreshing sleep, (even for the purpose of taking his medicines.)

According to the old practice, bleeding is requisite to moderate the circulation and prevent inflammation, but we advise that under no circumstances, the patient allow himself to be bled. When Nature is doing all she can towards cure, it is very wrong to abstract the chief element of life and power. All the advantages claimed for venesection can be secured without any of the very serious objections to it, by the use of emetic, sudorific, purgative, and diuretic medicines. Fevers arise from two general causes, viz., infection or poison received into the body, and by the retention of its own fluid and solid waste matters, which should have been evacuated by the various channels. Now the severity of fevers arising from the former are always greatly aggravated by the latter, while the latter, in many cases, is unaccompanied by the former, and most of the violent symptoms of fevers result from the latter. How much more rational then, to open the natural outlets, and deplete only what is really injurious, and not a portion of the blood itself!

We are happy to perceive that the tide of opinion, in regard to bleeding, is rapidly changing. An article in the New York Journal of Medicine, now says, that bloodletting is not a remedy.

Habits, &c.—The patient should confine himself to bed, where he may be undisturbed in body and mind; this greatly favors nature. The room should be large and well ventilated, and kept of an agreeable temperature. Avoid anxiety and depression, and promote cheerfulness by every means.

Drinks.—Slippery elm tea is an invaluable drink in all stages of fevers; also cream of tartar water, lemonade, and even cold water. These cold drinks are very refreshing, and may be taken as thirst indicates, but not till the first free perspiration has subsided, and the skin brought to a more natural state. In this however, the inclination of the patient may be consulted.

When there is great debility, with very low pulse, delirium, &c., a little wine, or some of the diffusible stimuli, such as carbonate of ammonia, or ether, may be given, and repeated on

the smallest symptoms of stupor, sinking pulse, tremor, or twitchings.

For Sickness at the Stomach.—Give the essence or infusion of spear or peppermint, cloves or cinnamon; a little soda or salæratum in water; laudanum or paregoric; carbonate of ammonia, either of them.

Headache.—Lay cloths wet with vinegar on the forehead, or put the feet in warm water, and apply mustard plasters to the soles of the feet.

Congestions and Pains.—Apply mustard poultices to the parts affected, or bitter herbs simmered in vinegar, hot.

Restlessness at night.—Give five grains of Dover's powder, or some other diaphoretic opiate. Quiet natural sleep (not lethargy or stupor,) is of the greatest importance, and must be promoted, especially at night, and the want of it very much retards cure. We have seen patients who had, by injudicious treatment, remained many days and nights restless, and of course without improvement, after a long sleep awake convalescent.

Food.—Very little nutriment is necessary in fevers; what is taken should be of the lightest kind, such as arrow root or meal gruel seasoned with salt, and sweetened; barley water, roasted apples; strawberries, oranges, and other ripe and juicy fruit, in small quantities. Great care is requisite during convalescence, for no cause is more fruitful of relapse than improper eating and exercise. The Health Bitters will promote convalescence.

Vigilant and intelligent nursing is of the utmost importance. Every new phase of the disease is to be noted, and all favorable symptoms encouraged and others counteracted. There are a thousand little things which an attentive and sympathizing nurse can do, very grateful to the sufferer. Let her divert his mind by agreeable conversation; if there be pain in the head, with great heat, she may lay on it cloths wet with vinegar or cold water; she may often smooth his restless pillow, and arrange the clothing, and give him his medicine with regularity and care; if his mouth be parched with thirst, give him a little refreshing drink; if he be restless and feverish, particularly at night, give him some diaphoretic anodyne, such as the Dover's powder, or three or four grains of ipecac, with a few drops of laudanum and camphor; let her watch carefully the state of his skin, and if dry to have it bathed, or apply hot bricks wrapped in towels moistened with vinegar to his feet and sides; or if there be great oppression of the head or other part of the body,

she may apply mustard poultices to the feet or other parts; in short, good nursing, with mild medicines, will be found the best means of cure in fevers.

The foregoing remarks are general and applicable to almost all fevers, and the general treatment may be summed up very briefly, viz., *Vomiting, Purging, Sweating, Strengthening, &c.*, each in its place.

The causes of fevers are too well known to need description. They are heat and cold; contagion and infection from diseased animal bodies; the effluvia of putrid animal or vegetable substances.

Prevention.—It may seem remarkable that fevers, particularly the worst forms of typhus, often prevails to an alarming and fatal extent in parts of country where the air is dry, pure, and uniform, and in the midst of winter. We can only account for this from the fact, that in winter, the cellars are usually filled with large quantities of vegetable stores, which more or less decompose, and the doors and windows being hermetically closed, the exhalations find their way through the floors to the family apartments. The danger is much increased by sleeping on the first, or ground floor. The means of prevention are obvious. Store your vegetables elsewhere, have suitable ventilation for the cellars, and above all lodge in the second story. Persons dwelling in valleys, on the rich prairies of the West, or the alluvial lands of the South, are very liable to bilious fevers, agues, &c., in summer and autumn, when the system is enervated, and the vital powers become unable to ward off and expel the invisible enemy which surrounds and insidiously enters the body through the lungs and pores. *Nature, therefore, requires aid.* The Graefenberg Pills, taken occasionally, and a single one daily, by strengthening the whole organization, and carrying off the bilious accumulations, will be an effectual protection against fevers. Pulverized charcoal will also be found an excellent corrective. The body should be washed daily.

CONTINUED AND INFLAMMATORY FEVER.

The symptoms of these fevers are much as described in the General Notice of Fever—only more rapid, distinctly marked and intense, especially the inflammatory fever. The duration is from one to two weeks. One of the most remarkable modifications of the pulse met with here, is in the *slow and intermitting pulse*. Whenever a patient is found with intense pain in the

head, back, or loins, and a *slow pulse*, unusual severity may be expected, and prompt measures should be used to break the disease, or it may get beyond control in a day or two.

This disease, if properly treated, generally terminates favorably in a week or more, and the crisis or return to health is almost always denoted by longer and more tranquil sleep, by an abatement of the pulse, by vomiting, purging or sweating, or by some local inflammation. But the disease may run into the typhus fever, even as early as the fourth day.

Treatment.—An emetic is the first thing in order; which is to be followed by a full dose of the Vegetable Pills, which may be repeated in smaller doses daily or every other day; but if they be thrown up, as may be in the latter stages of the disease, injections are to be given. Early in the treatment, means are to be used to produce a pretty free perspiration, which is to be kept up moderately throughout the fever. The warm alkaline bathing must be frequently resorted to, and five or six grains of Dover's powders may be given at night, to keep up the moderate perspiration, and procure sleep. A single Fever and Ague pill or a grain of quinine, may be taken every two hours, with herb teas; or ipecac in powder, two or three grains, or a tea-spoonful of the ipecac wine may be taken in the day time, with plenty of herb tea. When there is not too much perspiration, the acidulated drinks may be used.

For the treatment of other symptoms, see General Notice of Fevers.

FEVER AND AGUE, OR INTERMITTENT FEVER.

Causes.—The immediate cause of ague and remitting fever is supposed to be something in the air, termed miasma, or effluvium, but nobody ever proved this by analyzing the air. Such fevers, however, prevail in low marshy countries, abounding with wood and stagnating water; but they prove most fatal in places where great heat and moisture are combined. No age, sex, nor constitution, is exempted from the attack of this fever; but it chiefly seizes persons of a relaxed habit, who live in low dirty habitations, breathe an impure stagnating air, take little exercise, and use unwholesome diet.

General Character of Intermittent Fever.—A case of intermittent fever is distinguished by its having three successive and distinct stages, viz. a cold, a hot, and a sweating stage—the three together constituting a fit of ague. According as these

paroxysms recur every day, every second, or every third day, the case has been denominated, respectively, a quotidian, a tertian, and a quartan ague. The quotidian is usually characterized by a longer paroxysm than the tertian; and it is more apt than the others to lapse into a fever of the remittent type. The tertian is the most common form of intermittent, and also the most curable: it has for the most part a longer paroxysm than the quartan, and shorter than the quotidian. The quartan is the least frequent form of ague: and is perhaps the most difficult to cure. The cold stage of a quartan ague is of longer duration than the same stage in either of the others; the quotidian has generally the shortest cold, and the longest hot stage.

Simple Intermittent Fever.—The paroxysm of the tertian ague commonly begins at noon, of quotidian in the morning, and of quartan in the afternoon. In either case the patient is first affected with a sense of languor, lassitude, chilliness, followed by rigor, often very severe, causing the teeth to chatter, and the whole body to shake violently. The countenance is pale and dejected; the skin, cool and corrugated—the hands and feet are particularly chilled; the nails and lips blue; the respiration is short and labored; the pulse small, somewhat frequent, and irregular; and the tongue is clammy. These symptoms of the cold stage gradually pass off—seldom lasting longer than two hours—and are succeeded by those of the hot stage; in which the skin is hot and dry, the pulse strong and full, the features flushed and turgid, the eye suffused, with increase of headache, sometimes delirium, and a dry and furred tongue, etc.

These symptoms of the hot stage continue for two, three, or four hours. At length a moisture breaks out on the face and neck, and gradually extends over the whole body. The febrile symptoms then rapidly diminish; the pulse sinks to its natural standard; the feelings of weakness and oppression go off; the heat of skin, headache, and thirst abate; the appetite returns; and all the secretions are restored to their healthy condition. There is considerable variety in the duration of the paroxysm. It lasts upon an average six or eight hours; and after a certain interval, the same train of symptoms is renewed, unless checked by appropriate remedies.

The tendency that there is in ague towards the production of an enlargement of the spleen has been long observed, but the precise cause of this has not yet been fully ascertained. The

enlargement will be marked during life by a dull weight and increasing sense of fulness in the left hypochondrium, and by occasional paroxysms of pain referable to the same region. The organ may also in some cases descend below the margin of the ribs, and be felt by the hand. This circumstance will imply a great increase of volume. -

From the organic derangements, and the growing debility of the patient, dropsy not unfrequently follows as a remote consequence of repeated attacks of ague. Nevertheless, a person living in a cold or temperate climate may continue to be affected with the disease for a very long period, without suffering from any permanent derangement of function, or from any change of structure. But it is not so in hot climates; for there, after a few paroxysms, inflammatory affections set in, and the patient is carried off by convulsions, dysentery, cholera, or other active disease.

Treatment.—For several days previous to an attack of fever and ague there are certain symptoms which should not be disregarded. If properly attended to the disease may be arrested at this stage without the occurrence of any paroxysm. These symptoms are a sense of weakness and listlessness; exercise is more than usually fatiguing; a desire to yawn and stretch and lie down is felt; the mind is anxious; cold chills are occasionally felt, followed by hot flushes in the face. The skin looks blue and pinched, and there is a good deal of pain in the head and back—indeed all over the body. Now is the golden moment. Purge freely with the ordinary Graefenberg Pills and soak the feet in hot water; then take one of the Fever and Ague Pills every three hours for a day or two; continuing to take one of the ordinary Pills every morning, in connection with the Health Bitters; promoting gentle perspiration, by taking warm infusions, also bathing the body and soaking the feet in warm lye water.

As soon as a person perceives that a fit is actually approaching, of which he will generally have notice in advance, let him immediately have a foot bath prepared, as hot as he can bear it, in which some wood ashes have been mixed; he may remain in the bath some time, using hot drinks and other means to mitigate and shorten the cold stage. If there be nausea, or if the patient has previously eaten a substantial meal, an emetic may be given to clear it of the food, which will generally be found entirely undigested, nor can it digest under such circum-

stances; the emetic answers not only the above purpose but throws the blood to the surface and extremities. The above, with a free use of hot drinks, such as sage tea, or Virginia snake root, water-gruel, barley water, or the like, will shorten the cold stage, and also the duration of the other stages. The object is to aid nature in bringing on a perspiration. Some persons recommend wrapping up in blankets, &c.; but too much of this is not desirable; not enough to oppress the patient. In a little while the hot or febrile symptoms will abate, and a perspiration appear.

The cold and hot stage being over, and the perspiration fairly established, commence the use of the Fever and Ague Pills, using one every two hours until six hours before the expected return of the fit; then take one every hour for six hours. If the disease is not cut short by this course, repeat it until it is conquered; or, in place of the pills, take doses of one grain of quinine dissolved in a few drops of the elixir of vitriol, continuing day and night till the disease is conquered.

Another mode of treatment less troublesome may be resorted to, an hour or two before the commencement of the attack, which we highly esteem: take half or two-thirds of a teaspoonful of carbonate of ammonia, with eight or ten grains of Dover's powder in a cup of mint tea; this will prevent or moderate the attack, and follow up with the tonics.

Another excellent prescription is; take a teaspoonful of laudanum, and one or two teaspoonfuls of sulphuric ether, in water, an hour before the expected attack.

The cobweb of the black spider may be gathered and clipped fine with a pair of scissors, and with some mucilage made into pills, of which, take two or three every hour, beginning three hours before the expected attack, or it may be put into a little molasses in a table-spoon, and so taken. Many persons may be disposed to think lightly of so simple, and what may be thought so repugnant an article; but we have the very highest authority, both English and American in its favor. The use of it may be continued for several days afterwards, at the proper time before the paroxysm would otherwise occur.

In regard to *diet*: till the fits cease, it is worse than useless to indulge in solid food, and there is no more mistaken notion, than that of "building up the strength" by such course, while the stomach is weak. We make the remark, because we have seen so many dangerous relapses caused by injudicious eating.

Gruels and the like are the best; but after the "ague is broken" unless the patient be greatly reduced, he may very temperately enjoy a nourishing but digestible diet, lamb, chops, chicken, eggs, &c., with some good wine.

The patient should continue to use the ordinary Graefenberg Pills, one a day for two or three weeks. He should also procure a package of the Health Bitters, and use the same according to the directions which accompany them. The object is to remove from the system, the very last vestige of the bilious taint. The reason why the Fever and ague is not oftener permanently cured arises from the fact that thorough measures are not taken. That the bilious taint is of amazing power is seen in its effects. At one moment the poor patient stands shivering under the burning heat of the summer solstice; the next moment he burns as if the fires of Etna were kindled in his bosom. It paralyses his energies; unfits him for labor; depresses his spirits; destroys his appetite; changes his complexion; in short it completely deranges his whole system. How preposterous, therefore, to hope that by a few doses of any kind of medicine this taint can be eradicated. But it will be effectually done by the course we have named. The Fever and Ague Pills will arrest the paroxysms: the ordinary Graefenberg Pills will cause the great functions of nature to go forward, and medicate the blood; the Graefenberg Health Bitters will remove debility; increase the appetite; restore the spirits; make the complexion clear and healthy, and give soundness and pleasurable sensations.

In complicated or malignant intermittents, there is a certain cure in the use of the ordinary Graefenberg Pills and the Health Bitters. No matter how long the disease has lurked in the system, it will disappear before these powerful remedies.

COMMON BILIOUS, OR REMITTENT FEVER.

The remittent fever differs from the intermittent, in having but a short remission of the symptoms, and the patient is never without some fever. Sometimes the remissions occur twice in the twenty-four hours, and the disease, if unchecked, may run ten days to a fortnight, with more or less malignity and fatality.

The symptoms at the commencement are the same as described in the General Notice of Fevers, only perhaps more marked, both in the cold and fever stages. And towards the end of the disease the skin often assumes a yellow tinge, with intense heat.

CONGESTIVE FEVER, belongs to the same family as the above,

but its first symptoms are more marked and really alarming. The cold stage is attended by a coldness of the extremities, and quick but feeble pulse; this coldness increases, while the pulse diminishes, till the latter is quite gone, and a cold clammy sweat covers the body, all but the chest. Usually there is great thirst, and the stomach rejects almost everything; with restlessness, sighing, hurried respiration, delirium, &c., but not much pain. The disease requires very prompt attention.

An *emetic* is the first thing to be given; its early exhibition, in the forming stage of these fevers, will often cut short the disease, and reduce it to a mild intermittent.

A *purgative* is to be given immediately after the vomiting has ceased, and the stomach become quiet, say, five or six of the Vegetable Pills. The purgative to be repeated in moderate doses every second or third day.

Perspiration must be obtained as speedily as possible. Bathing the feet with warm water, and body with warm or cold alkaline water, must be done frequently, and the warm diaphoretic drinks taken freely, or ten grains of Dover's powder, with a few drops of camphor, may be taken, and in connection with it, warm slippery elm tea; nothing better as a drink can be taken through the whole course of the disease, than this same elm mucilage.

Having now got the stomach cleansed, and the bowels in a fair way of being evacuated, and perspiration established, the next indication is to break the fever, and support the strength, by the regular administration of

Febrifuge and tonic medicines. The Fever and Ague Pills may be given, one every hour or two, unless found too stimulating, indicated by headache and nausea; and every third or fourth hour, in place of one of the ague pills, give a pill of ipecac; with a drink of catnip, boneset, or Virginia snake-root tea, every hour. Or if preferred, the patient may take the quinine, one grain every two hours, day and night, with the herb tea intermediately.

For Sickness of the Stomach, Headache, &c., see General Notice of Fevers.

YELLOW FEVER.

This is nothing more than a very concentrated or highly aggravated form of bilious fever, of cities and southern climates. That heat has a great deal to do with it, is manifest from the fact that it retires on the appearance of frost. We should ad-

vise the same treatment recommended in our General Notice of Fevers. Twenty or thirty years ago, when the lancet and calomel were considered the only resort at the South, those patients who could obtain the aid of a negress or creole as a nurse, considered themselves fortunate—though having no physician. The treatment in such hands was exceedingly simple, viz. plenty of orangeade, and warm and cold teas, with laxative injections. The success which attended this method reflected no little disgrace upon what is pompously styled regular practice; and so manifest has its superiority become, that the physicians of Havana, Vera Cruz, and Tampico, have adopted it universally. A quarter of a century ago, one of the most distinguished shipmasters of the port of New York, passed a good deal of his time in the Pacific ocean. On the coast of Peru he met a very old Spanish physician, whom he asked to inform him how to cure yellow fever. He told him to give an emetic *the first day*, and follow it up the next day by frequent doses of Peruvian bark, a table-spoonful at a dose. The Captain pursued this plan when seventeen of his crew were down at once with the fever, and cured them all. This gave him a fame at once. He was called “doctor,” and other captains availed themselves of his skill, whenever it could be had, and his success was unfailing. At that time quinine, which is the essence of Peruvian bark, was unknown. It has the advantage that it can be given in small doses, and is not disgusting to the stomach as the bark is. Two grains should be given every two hours, with a few drops of elixir vitriol, in syrup. The fever in New Orleans, in the autumn of 1848, is represented as having been unusually refractory and unmanageable; but we have our suspicions that there was a little too much of the old leaven in the medical treatment.

It is of the utmost importance that the *primary* symptoms get prompt attention—*on this often depends the life of the subject*. When the fever is epidemic, the unacclimated must not daringly neglect even slight symptoms—such as dullness, weariness, loss of appetite, pain in the head, neck and back, chilliness, and the like. We have wept over the remains of a dear friend, who would not believe himself sick, nor do anything, although these symptoms were strongly present, until the fever had fast hold and could not be conquered. Under such circumstances, some simple means should be used, according to the severity of the case. A dose of the Vegetable Pills, with two to four teaspoonfuls of powdered charcoal, a warm bath, or washing the

body with *softened* warm water, and confining the diet to very light fare and cooling drinks, will generally be sufficient; or if the fever does come on, it will be light and manageable. A few indications are all we design farther to give. When the skin is hot, bathe it with cold water to which a little alkali has been added; this cleanses the pores, and permits the heat and perspiration to escape. Drink freely of lemonade and cream of tartar water, and give once or twice a day charcoal or yeast, to prevent any putrid tendency. The bowels are to be kept open by laxative injections. The importance of keeping the bowels gently open, cannot be overrated; oftentimes the disease yields immediately when this is accomplished. When perspiration is established, the quinine is to be given. Be sure that the patient sleeps comfortably, and counteract sickness at the stomach, and headache.

It is unnecessary to say that intelligent and attentive nursing is requisite, or that very little food is required.

TYPHUS FEVER.

This fever is variously termed: putrid, malignant, pestilential, gaol, camp, epidemic, and when the skin has purplish specks, spotted fever.

Causes.—This disease arises from unwholesome, putrid, or stagnating air, infection, &c. Fear has also a prodigious effect in spreading this fever.

Symptoms.—This disease commences with all the *cold* symptoms of fever, but the first thing generally observed is a remarkable loss of strength without any apparent cause. There is nausea, and sometimes vomiting of bile; a violent pain in the head, about the region of the stomach, and in the back and loins; the tongue is at first white, but afterwards it appears black and chapped, and the teeth are covered with a black crust. The duration of typhus fever is extremely uncertain; sometimes it terminates betwixt the seventh and fourteenth day, and at other times it is prolonged for five or six weeks. The most favorable symptoms are, a gentle looseness after the fourth or fifth day, with a warm mild sweat. These, when continued for a considerable time, often carry off the fever, and should never be imprudently stopped. The unfavorable symptoms are, an excessive looseness, with inflammation of the bowels; large black or livid blotches breaking out upon the skin, cold clammy sweats, change of voice, delirium, involuntary stools, with coldness of the extremities, are generally the forerunners of death.

Treatment.—The course marked out in the General Notice of Fevers is strictly applicable to typhus fever. The chief means are, emetics in the early stage, and purgative, diaphoretic, febrifuge, and tonic medicines, throughout the disease. The first thing is to give an emetic, which, by evacuating the stomach and bowels, produces an equal distribution of blood over the body, promotes the different secretions, and generally succeeds in abating the symptoms. The bowels should then be freely evacuated by the Vegetable Pills, and a gentle laxity continued by the same, or by injections. A free perspiration must be induced at first, and afterwards gently maintained by means of common sweating teas.

Three grains of ipecac should be given three times a day, in a cup of cold herb tea, and an anodyne diaphoretic, such as the Dover's powder, in the same vehicle, at night, to insure sleep, which is of unspeakable importance.

A Fever and Ague pill may be taken every two or three hours after perspiration has become established, or a grain of quinine at the same intervals. A table-spoonful of yeast should be given twice a day, which affords more relief than any other medicine, by cooling the body, abating the thirst, and diminishing irritability. The sick-room should be well ventilated, and often fumigated. Washing the body with cold vinegar, or alkaline water, when the skin is hot and dry, and the application of it to the scalp and forehead, by means of folds of linen, have proved very beneficial. The food should be principally weak veal broth, with a little arrow-root; and the drink, mint tea, or barley-water, with lemon-juice.

Sickness at the Stomach is to be obviated, as also excessive diarrhœa.

For delirium, give camphor and laudanum, seven or eight drops of each, every four hours; also soak the feet, and apply mustard plasters to them.

For Sinking, be prompt and liberal with stimulants—sulphuric ether, porter, diluted wine, or milk punch,* or ten drops of muriatic acid may be given, in a cup of cold chamomile tea, and repeated every six hours.

Good nursing is indispensable.

The convalescence will be greatly promoted by the Health Bitters.

* Dr. D. Meredith Reese, resident physician at Bellevue Hospital, after repeated trials, speaks in the highest terms of milk punch.

SCARLET FEVER.

Causes and Symptoms.—This appears to be infectious, similarly to typhus. It begins with chilliness and shivering, like all fevers; and in two or three days the whole skin becomes covered with red blotches, more numerous, larger, and redder, than those of the measles. In two or three days more they disappear, succeeded by scalings of the scarf skin, like bran dispersed over the body, which fall off and appear again two or three times successively.

Treatment.—In mild cases nothing is required than to observe a low diet, and to avoid a cold air and cold drink. Barley-water, acidulated with tamarinds or lemon-juice, may be drank. Give a dose of the Vegetable Pills, and bathe the surface with warm water and castile soap.

Malignant Scarlet Fever is to be treated like all fevers. Very early, an ipecac emetic may be given; followed in due time by the Vegetable Pills. The body should be daily bathed with warm alkaline water, and a gentle perspiration established and continued by suitable herb drinks. Give the Dover's powder, particularly at night.

For soreness of the throat, use the gargle on page 100; and for pain in the head, apply mustard to the feet, and cloths wet with vinegar to the forehead.

MEASLES.

Causes and Symptoms.—Measles arise from the same or similar causes as scarlet fever. The disease commences with the running of water from the eyes and nostrils, sneezing cough, and swelling of the eyes and face, with occasional shivering, cold in the back, and drowsiness; an eruption first appears behind the ears on the third or fourth day, spreading downwards to the neck, and forwards to the chin, mouth, and forehead, but seldom shows itself on the body till a day or two after. The eruption speckles the skin somewhat like the bites of fleas, and is of a crimson color, and not scarlet, as in scarlet fever. The crimson specks of measles arrange themselves in groups of irregular circles, or crescents, and leave the skin between them of its natural color, which never occurs in scarlet fever. Healthy children seldom die of the measles; but scarcely any disease is more destructive when they attack the weakly children of the

poor, who have been badly nursed, fed, and clothed. The great danger in measles does not arise from the abundance of the eruption, the severity of the fever, and oppressed breathing, nor the violence of the cough; but almost wholly from the secondary inflammation, that comes on after the fever and eruption have gone off, which usually happens in nine or ten days. Many children, also, have this secondary inflammation produced, or increased, by cramming them with too strong food, when they are beginning to recover, with the false notion of strengthening them.

Very little medicine is necessary; bathe the body, and soak the feet frequently in warm lye water, and give freely a warm tea of saffron and virginia snake-root. For *restlessness*, give an anodyne diaphoretic; and obviate *fevers, headache, cough, nausea*, or *diarrhæa*, by suitable means, as directed elsewhere.

EPIDEMIC INFLUENZA.

Causes and Symptoms.—This disease sometimes prevails almost universally, affecting old and young, and is sometimes fatal, particularly to the latter; it seems to be caused by some peculiar state of the air, or by infection. It generally begins with a stoppage in the nose, a dull pain in the forehead, and stiffness in the motion of the eyes; and, soon after, a discharge of a thin fluid from the nose, and often from the eyes, with frequent sneezing. There is also some hoarseness, and a sense of roughness in the throat, with difficulty of breathing; a feeling of straitness in the chest, and cough. The principal difference observed between a common cold and influenza is the great debility attending in the latter.

The Treatment should be on general principles; bathing the feet and body, promoting gentle perspiration, and attending to the different symptoms, according to the severity of the case. Use Dr. Libby's cough syrup. Rest, quiet sleep, and light diet, will favor recovery.

ERYSIPELAS OR ST. ANTHONY'S FIRE.

Symptoms.—This is sometimes epidemic, particularly in gaols and hospitals. It begins with cold shiverings, succeeded by drowsiness, confusion and often delirium. After the first, second, or third day of the fever, redness of the skin appears, sometimes on the legs, but generally on the face, gradually spreading over the neck and scalp of the head, which becomes

turgid, and the eyelids often so swelled as to close the eyes entirely; blisters of larger or smaller sizes commonly appear, containing a colorless or yellowish watery fluid. Dr. Abernethy says "It is always the result of a disordered state of the digestive organs. I never see it come if the digestive organs be right, and it goes away as soon as they are put right."

Treatment.—When the head is much disordered and, as it often is, enormously swollen, means must be used to promote an equal circulation of the blood and general perspiration; for this purpose, the foot and vapor baths may be frequently used, the latter made from a decoction of bitter herbs, will be found particularly useful. The diaphoretic teas must also be taken.

An emetic must be given in the early stage, followed by the Vegetable Pills; the bowels should be evacuated two or three times a week, and a single pill taken daily. A draught of cream of tartar water, may be drank three or four times a day. To the inflamed part, the Green Mountain Ointment may be applied, covering with a plaster of it, all the inflamed or pimpled surface, or apply a poultice of ground slippery elm bark.

The disease frequently becomes obstinate and chronic, and months of persevering effort is necessary to remove it. Dr. Beach says he has found the black or pussy willow, pulverised and mixed with cream, to cure when all other resources had failed. After the pain has subsided by its use, the Ointment or slippery elm may be applied. Tonic and alterative medicines should be used, such as the Health Bitters, Sarsaparilla Compound or quinine.

SMALL-POX.

Causes and Symptoms.—This dreadful disorder is caused by the communication of infectious matter, and is either *distinct* or *confluent*, the latter being by far the most dangerous. It commences with the usual symptoms of fever, with great languor and drowsiness. About the third or fourth day from the time of sickening, the small-pox begins to appear like flea-bites, and are soonest discovered on the face, arms and breast. The most favorable symptoms are a slow eruption, and an abatement of the fever as soon as the pustules appear. Pustules which are *distinct* with a florid red base, and which fill with thick purulent matter, first of a whitish, and afterwards of a yellowish color, are the best.

A livid brown color of the pustules is an unfavorable symp-

tom ; as also when they are small and flat, with black specks in the middle. It is likewise a very bad sign when they run into one another, or become *confluent*.

Treatment.—In the early stage of small-pox, when the patient is hot, (for the disease must be considered and treated as a fever) we may, in addition to exposing him freely to cool air, recommend washing the body partially or generally with cold water ; for the cold bath seems not only to moderate the febrile symptoms, but likewise to diminish the number of pustules, and greatly lessens the danger of the disease. The temperature of the patient's chamber should always be such that he may experience no disagreeable degree of heat. He should lie on a mattress, covered only with a few bed-clothes ; a feather-bed being apt to occasion too great an accumulation of heat. If convenient, he should have an apartment to himself, as the heat of a crowded room will be sure to prove injurious ; and his body-linen, as well as that of the bed, should be shifted frequently. One in every ten or twenty has been found to die of the small-pox coming spontaneously, or in the natural way ; and about one in two hundred of those who receive it by inoculation.

The number and the malignity of pustules will often depend on the treatment at first adopted. A warm tea made of equal parts of catnip and saffron will induce a gentle and proper perspiration throughout the day. At night, an opiate of laudanum or paregoric, or Dover's powder should be given, so as to insure sleep, which is of the greatest consequence. Care should be taken not to break the pustules, which causes deeper scars ; and to prevent the disfiguration of the face so often seen, anoint it with Green Mountain Ointment, or a liniment of cream, mixed with magnesia. The medical treatment ought to be somewhat similar to that of typhus fever, taking care not to purge violently.

COW-POX AND VACCINATION.

It was discovered by Dr. Jenner that a disease on the udders of cows, transferred to children, has a tendency to prevent small-pox, or, at least, render it milder. The effect of this discovery is obvious in the thousands of smooth faces now to be seen, in place of the numbers formerly marked with small-pox. It is hardly necessary to say that parents should have their children vaccinated early in life.

The vaccine matter on being inserted under the skin, will produce on the *third* day afterwards a small red spot ; on the *fifth*

the other arm, from the one first vaccinated, ought also be vaccinated; and, if the first has been perfect, both pustules will ripen precisely at the same time; if this does not take place, the constitution has not been properly affected, and it must be repeated; a simple and easy test which ought never to be neglected.

The scar if genuine, must be distinct, circular, and full of little pits or dimples, spreading in rays, or lines, from the centre to the circumference; and so small, that it can be covered with a pea. The idea is gaining ground that the protecting influence of vaccination wears out in ten or fifteen years; but, if it does, (which is very doubtful), repeating the vaccination, and renewing the insurance is easy.

It is a curious fact that vaccination often cures cutaneous diseases, scrofula and whooping cough.

CHICKEN-POX OR SWINE-POX.

Symptoms.—The eruption termed chicken-pox may be easily distinguished from small-pox by there being little fever, by the pustules appearing first on the back, by the appearance on the second day of a small watery bladder on the top of each, and by its ending in three or four days. It requires no peculiar treatment, but a little confinement with cooling diet. Keep the bowels open with the Vegetable Pills, and give herb teas freely.

ITCH.

Causes and Symptoms.—The itch is caused by infection, communicated by contact, and generally appears first between the fingers, or about the larger joints, in the form of small watery pimples, accompanied by intolerable itching. When these are broken, sores and scabs succeed, and spread to all parts of the body.

Treatment.—Sulphur is a specific, and should be taken every night and morning; as much of the flower of brimstone and cream of tartar, in a little molasses or new milk, as will keep the bowels relaxed. Beware of catching cold, wear more clothing than usual, and take every thing warm. The parts most affected may be treated with the Green Mountain Ointment, or rubbed with the following

Ointment.—Take of the flower of sulphur two ounces; crude sal-ammoniac finely powdered, two drachms; lard or butter, four ounces; and half a teaspoonful of the essence of lemon, in order

to take away the disagreeable odor. It is seldom necessary to rub the whole body; but when it is, it ought not to be done all at once, but by turns, as it is dangerous to stop too many pores at the same time. The Sarsaparilla Compound is found to be a sovereign remedy.

SALT RHEUM, RINGWORM, SCALD HEAD, BARBER'S ITCH, &c.

These are troublesome and very obstinate diseases. The eruptions appear on the face, head, hands, and indiscriminately on other parts of the body. Sometimes the pimples form circles or rings, at other times gather in clusters, and in other cases they run together; all discharge a thin serous fluid, which often inflames and extends the disease to other parts. Sometimes the disease corrodes the parts attacked, and there is more or less of inflammation with all.

Treatment.—The disease arises from impurity of the blood, bad digestion, &c., and while external applications are important, alterative and tonic medicines are necessary. The Sarsaparilla Compound, and the Health Bitters, should be used for a length of time; also the Vegetable Pills occasionally, with a single one daily.

The skin should be washed daily with castile soap and water, and the towels, combs, caps, or clothing of those affected, should not be used by others, as the disease may be communicated in this way. In scald head, the scalp should be shaved, or closely clipped, once each week or ten days, and the head kept cool.

Let the Green Mountain Ointment be faithfully tried for a long time, it has cured the most inveterate cases; it may be kept constantly on the part, or used at night, and washed off in the morning, and the part freely powdered with ground slippery elm bark.

If there be a tingling and burning heat, it may be washed with acetate of lead water, or vinegar.

Wash.—Take half an ounce of sulphate of potash, and a pint of lime water, and some hard soap; mix, and apply twice or thrice a day; or take a quarter of a pound of yellow dock root, pulverised, and steep it in a quart of spirits, and wash every two or three hours.

Another wash highly recommended is, bathe the parts affected every night for a week, with a strong solution of sulphate of copper, and in the morning washing well with soap and water.

At the end of this treatment—a week—apply Ointment, or a little castor oil, till the cure is established.

This disease is very obstinate, and often requires a succession or alternation of the remedies—using one for a length of time, and then changing to another.

The diet should be pure and nourishing; and due attention paid to daily bathing of the whole body.

ERUPTIONS OF THE SKIN.

Causes and Symptoms.—Most of the pimply and scurfy eruptions on the skin are caused by obstructions in its pores or by disordered digestion, and are sometimes very obstinate.

Treatment.—In all such eruptions, abstain from strong liquors and spices, or high seasoned food, while the bowels should be kept gently open by the use of one or two of the Vegetable Pills daily.

The Sarsaparilla compound should be used to purify the blood and strengthen the digestive system. A tea of yellow dock and dandelion may be taken daily, or the following mixture:—half an ounce of ipecac wine, a quarter of an ounce of sulphur, and an ounce of tincture of cardamum seed—mix, and take a tea-spoonful thrice a day in water.

Daily washing and friction are indispensable, or a tepid bath thrice a week may be used.

QUINSY, OR MALIGNANT SORE THROAT.

Symptoms.—This disorder begins with tightness of the throat, and pain in swallowing. As the swelling and inflammation increase, the breathing and swallowing become more difficult, the pain affects the hearing, the eyes generally appear red, and the face swells. The patient is often obliged to keep himself in an erect posture, being in danger of suffocation. An external swelling is no unfavorable symptom; but if it suddenly falls, and the disease affects the breast, the danger is very great. A frothing at the mouth, with a swelled tongue, a pale and ghastly countenance, and coldness of the extremities, are fatal symptoms.

Treatment.—An emetic is of the first importance, and if given early will often stop the disease; it may be repeated a second or third time, in the course of twenty-four or thirty-six hours, if thought advisable. If there be much swelling, apply a plaster of Green Mountain Ointment; or hops, tansy and catnip, boiled in vinegar, may be bound on the throat. A few leeches will

sometimes be of great service. The throat ought to be rubbed frequently with volatile liniment, composed of two parts of olive oil and hartshorn, and one of spirits of camphor. This seldom fails to produce good effects. At the same time, the neck ought to be carefully covered with wool or flannel.

Gargle.—Half a pint of barley-water, two or three spoonfuls each of honey and currant jelly, adding to it a tea-spoonful of the spirits of hartshorn. There is no disease wherein the benefit of bathing the feet and legs in warm lye water is more apparent.

INFLAMMATION OF THE LUNGS AND PLEURISY.

Symptoms.—Inflammation of the lungs is known by shortness of breathing, tightness and slight pain across the chest, with fever. In children this disease may always be dreaded, when their breathing is quicker than natural; especially if accompanied with wheezing, and with increased heat of the skin. Whether in children or in others, the disease never happens without danger; if neglected, its termination will most probably be in consumption.

Treatment.—The feet may first be put into warm lye water, and afterwards mustard drafts applied to them. An emetic may be given, and allowed to operate freely, with a free use of warm herb tea, to promote perspiration and an equal diffusion of the blood.

A purgative should be given after the operation of the emetic.

Gentle perspiration, equal circulation, proper action of the kidneys, and regularity of the bowels, are to be maintained.

The syrup or powder of ipecac, may be given three or four times a day; and if there be restlessness at night, give four or five grains of Dover's powders. Boneset, or hoarhound tea, to be given freely at all times. If there be severe inflammatory symptoms, lay a mustard plaster on the breast, soak the feet, and apply drafts to them.

The foot bath and mustard drafts may be used daily.

PLEURISY.—When the acute pain of the side occurs, catching or otherwise affecting the breathing, accompanied with fever, the complaint is pleurisy, or inflammation of the membrane lining the chest.

The Treatment, and the caution respecting it, are precisely similar to what has just been given for inflammation of the lungs.

INFLAMMATION OF THE STOMACH.

Symptoms and Treatment.—This disease is pointed out by an acute pain rather towards the pit of the stomach, or just beneath the ribs on the left side, accompanied by the vomiting of every substance immediately on being swallowed. But as the stomach is so irritable and tender, there must be particular care that only the most mild liquors, and those in very small quantities, be taken. It must in every other respect be treated as inflammation of the lungs.

INFLAMMATION OF THE LIVER.

Symptoms.—This disease usually commences with depression of mind, disturbed sleep, and irritation of temper, cold shiverings, dull pain in the back, and headache, and stiffness of the eyes. These cold shiverings are succeeded by hot flushings, the tongue dry, white, and furred, and the mouth clammy, attended with great thirst and a dry skin. The breathing and the pulse are quickened, and irregular, and there is general weakness, and uneasiness all over the body. Under the margin of the ribs, on the right side where the liver lies, there is tension and a sharp pain, usually increased on pressure, and often shooting backwards to the spine, and upwards to the shoulder blade and collar-bone, and rendering it uneasy or painful to lie on the left side.

Treatment.—Pursue the same course as pointed out for inflammation of the lungs and stomach. It is of the greatest importance that all the suppressed evacuations, be restored, while the inflammatory symptoms are attended to; commence with an emetic, and as soon as the balance of circulation is restored, with the other remedies, apply a large plaster of the Green Mountain Ointment over the liver. Let this by all means be tried—its effects are remarkable.

The Ointment, if applied with the first symptoms of sharp pain in the liver, would generally mitigate or cut short the disease.

After an attack of acute inflammation has subsided, there may still remain a few embers of it to keep the liver too hot for a state of health, and this may continue and increase for years without proving fatal, or even confining the patient to his room. For a radical cure of the lingering remnant of the disease, see the directions given for Liver Complaint.

INFLAMMATION OF THE BOWELS.

This disease, in addition to its own peculiar symptoms,—acute pain, fulness, and drum-like tightness of the abdomen; the pain much increased by pressure, and shooting in a twisting manner around the navel, with obstinate costiveness, &c.,—is accompanied by all the symptoms of fever, viz., heat, prostration of strength, vomiting of dark, fetid, bilious matter, scanty and high-colored urine; indeed, the disease under notice arises from the same causes as fevers; and when the febrile symptoms are subdued, the inflammation of the bowels becomes manageable. The propriety, then, of treating the case on general principles, while giving due attention to the local symptoms, is evident. Be careful whenever symptoms, like these arise, that no heating cordials, spices, or spirits be taken, under the expectation of lessening the pain; since just the contrary effect must be produced by them.

Treatment.—Emetics exert a most salutary influence in all febrile and inflammatory diseases, and in none, perhaps, more than in this. An emetic may, therefore, be given at once, followed up by the usual means recommended in fevers. The warm, or vapor bath is extremely valuable. The sweet spirit of nitre is an excellent refrigerent and diuretic medicine, half a tea-spoonful in water or herb tea, may be given every three hours. A copious discharge of urine, and general perspiration, are very favorable symptoms, and must be secured. Meanwhile, no efforts are to be spared to obtain alvine evacuations; full doses of the Vegetable Pills, or a wine-glassful of castor oil must be given; and if these fail, resort must be had to laxative, and healing injections, to be repeated till the desired effect is obtained.

Injection.—Take a gill of sweet oil, the same of molasses, half a pint of slippery elm mucilage, the same of new milk, a tea-spoonful of laudanum, and a small box of Green Mountain Ointment. Melt and mix the whole together, and inject, blood-warm, as far up as possible. In addition, a large plaster of the Ointment is to be laid on the abdomen—adding fresh Ointment every six or twelve hours. We do not thus recommend the Ointment without having had experience of its good effects in this disease. Otherwise, a fomentation of bitter herbs, boiled in vinegar, should be applied warm, and frequently changed, or

lay a mustard plaster over the abdomen, and, in very urgent cases, leeches may be applied.

Slippery elm tea must be freely drank throughout, and the patient made to rest well. Gentle action of the skin must be maintained. and other symptoms properly attended to.

INFLAMMATION OF THE KIDNEYS AND BLADDER.

Symptoms.—If the pain be felt in the small of the back, or in a direction from that towards the lower part of the belly, with fever, vomitings, and high colored urine, inflammation of the kidneys, the organs by which the urine is separated from the blood; or inflammation of the ureters, the vessels which carry the urine to the bladder, has most likely taken place. If the pain is seated at the bottom of the belly, with great tenderness on pressure, and difficulty in voiding the urine, it may be concluded that inflammation of the bladder has come on.

Treatment.—Any feverish or urgent symptoms are to be attended to. Use the Vegetable Pills once or twice a week, and a single one daily. Apply a plaster of Green Mountain Ointment to the seat of the pain, renewing the same every twenty-four hours. Take some diuretic medicine, and drink freely of slippery elm tea, or gum arabic water. The warm or vapor bath will be good; and let the diet be spare, nourishing, but unstimulating.

For common pain, or kink in the back, use the Vegetable Pills and Ointment as above, and afterwards bathe with camphor, and wear a common strengthening plaster.

INFLAMMATORY RHEUMATISM, OR RHEUMATIC FEVER.

Symptoms.—Rheumatism spares neither age nor sex. It appears to arise from a check of perspiration, and is accompanied with acute inflammation chiefly in the membrane and sinews of the larger joints, or some of the more fleshy or moveable parts of the body, such as the muscles about the back and loins, and frequently the heart itself. The first hints of an attack of rheumatism are weariness, languor, a cold feeling about the small of the back, succeeded at first by shifting pains in the limbs and joints, which afterwards fix in the knee, the ankle, the shoulder, or any of the larger joints. The joint attacked becomes distressingly painful, swollen and red, and the warmer it is kept the worse it grows, the heat of the bed usually increasing the

pain. From this fact the absurdity is obvious of wrapping up the parts with flannel on all occasions, as is usually done.

Treatment.—In the commencement the fever is usually considerable, and is to be treated as all fevers are. If the febrile symptoms are strong, an emetic is highly proper.

Purge freely with the Vegetable Pills for several days, and afterwards keep the bowels loose by small doses daily.

A free perspiration is to be started by the means usually employed in fevers, and the vapor bath used daily will be an excellent remedy; gentle perspiration is to be continued not however so as to weaken or oppress the patient. If the urine remain small and high-colored, some diuretic medicine is to be employed. Local applications, such as will be found below, are to be made to the parts afflicted. The Dover's powder may be given at night, and ipecac three or four times a day. This treatment should be continued, or varied according to circumstances, till the fever subsides.

When the fever has somewhat abated, should there be a tendency to excessive perspiration, the whole body may be bathed, if hot, with cold vinegar; and the use of the Health Bitters, or quinine, may be substituted for the powder and ipecac; give freely of the tincture of the Bitters, or one grain of the quinine, every four hours, to be continued constantly for two weeks, or till there be no further necessity.

Colchicum, or meadow saffron, is a standard remedy in this disease; take thirty or forty drops of the tincture, with ten or fifteen drops of camphor, every six hours.

Hydriodate of potassa is also a valuable article. Dissolve an ounce in a quart of water, and take half a wine-glassful three times a day.

Hemlock tea, made of the leaves from the tree, drank through the day, is excellent.

Local Applications.—The Green Mountain Ointment is the most valuable preparation we know of; for this purpose a plaster should be applied, large enough to cover the inflamed surface, and the dressing renewed every twelve hours; or rub the part with some liniment; or the following simple wash is very cooling:—take rain water, vinegar and spirits, of each a half pint, and of salt two table-spoonfuls.

The diet should be spare, mild and diluting, chiefly of gruel, barley water, buttermilk, &c., which, as convalescence proceeds, may be made more nourishing, by the addition of bread, eggs, and animal food.

Those who are liable to this disease should be very careful to guard against colds, should avoid all excesses, and use every means to give tone and vigor to the body, by means of suitable diet, regular exercise, and daily cold bathing; and finally, by the use of alterative and tonic medicines, such as the Sarsaparilla Compound, or the Health Bitters.

CHRONIC RHEUMATISM.

Chronic rheumatism differs from the *acute*, in being attended with little or no fever or inflammation; the chief symptoms being pain and swelling in the large joints, such as the hips, knees, ancles, shoulders, and in the course of certain muscles. The former is clearly a disease of *debility*; the latter an inflammatory complaint.

Treatment.—As this is a disease of debility, the treatment must obviously be of a tonic and stimulating nature. The Sarsaparilla Compound, and the Health Bitters, should be long and faithfully tried, with the addition of the hydriodate of potassa, as recommended in Inflammatory Rheumatism. These medicines, if perseveringly used, will cure the most inveterate cases. Daily washing and friction must be regularly attended to, with a vapor bath once or twice a week. The patient should also take four grains of Dover's powder, and with it one or two of the Vegetable Pills, or a tea-spoonful of sulphur, every night.

One of the most obstinate cases we have ever met with, was that of a gentleman who could scarcely move, and only by the use of crutches. He was perfectly cured by the Sarsaparilla and Green Mountain Ointment, after some three months perseverance; the *taint* was entirely removed.

Local applications.—In connection with the internal remedies, the Ointment should be used in plasters, or sometimes rubbed and warmed in; or use a strong liniment several times a day, with a great deal of friction. Tincture of cayenne pepper is good. Use hemlock tea, in place of ordinary tea, at meals.

An excellent remedy may be found in having a stream of cold water poured from a second or third story window, and falling on the affected part. Repeat each morning.

Electro Magnetism will often be found particularly valuable, and will afford early relief; but the means for cleansing the blood must not be neglected because temporary relief is obtained.

The diet should be rich, nourishing, and stimulating, but temperate in quantity.

NERVOUS RHEUMATISM AND FIDGETS.

Causes and Symptoms.—If a delicate lady sit all day at her work-table, or spend eight or ten hours in practising on the pianoforte, she has every chance to have a severe fit of fidgets both in the arms and legs during the evening, and a literary man who studies long hours will be similarly affected: because, though the muscles and nerves have not been in very active motion, they have been more fatigued than if they had, by being kept on the stretch. That this keeping on the stretch is more painful than violent exercise, can be proved instantly by holding the arm stretched from the body for about ten or fifteen minutes, which will infallibly produce a fit of the fidgets even in the most robust, and this disproves irrevocably and irresistibly the erroneous explanation of the doctors, who say the fidgets are caused by rest.

Treatment.—To cure the immediate fit, which is often very distressing, rest is decidedly the most powerful means. Lying on the back on a sofa, and keeping the limbs immoveable, will often be effectual in about half an hour or less. Correct the bowels, if necessary, by the Vegetable Pills, and strengthen the system by the Health Bitters; and as the disease depends much on weakness and relaxation in the tone of the parts, nourishing diet must be taken, avoiding slops, and watery vegetables; and persevering in exercise and the use of the flesh-brush.

GOUT.

This may be considered as a constitutional disease, and in some respects to be looked upon as a salutary reaction, and an evacuation of the system. Those who are somewhat advanced in years, those who live luxuriously, and lead indolent and inactive lives, are most liable to the disease. A predisposition is often inherited, and in this way young persons are sometimes afflicted with this distressing disease. The toes, feet, hands, and smaller joints, are the particular localities of gout.

Such may be briefly stated as the predisposing, while cold and damp are often the immediate causes. Some patients are almost certain of an attack if they are exposed to the east wind, or foggy weather; if they stand on a damp pavement, or put on damp stockings.

Symptoms.—The attacks sometimes come on suddenly, but are generally preceded by indigestion, flatulence, loss of appe-

tite, cramp in the stomach, and sometimes by headache, stupor, numbness, a sense of pricking in the thighs and legs. The day preceding the attack, the appetite generally returns much keener than usual. In the evening, or oftener about two or three o'clock in the morning, the fit comes on. The pain and inflammation uniformly increases with more or less of shivering, which abates as the pain becomes more violent, and is succeeded by a hot stage of the same duration as the pain, and with it gradually declines, when a gentle perspiration comes on, and the patient falls into a much-desired sleep.

Treatment.—The forming stage of gout, of which we have given the premonitory symptoms, should be attended to at once, and by this means the fit may be wholly or partially averted. The bowels are to be immediately evacuated, and after the operation an Ague pill may be taken every hour or two, or frequent doses of the tincture or infusion of the Health Bitters; promoting gentle perspiration during the day by suitable means, and at night taking a Dover's powder.

This treatment may be continued through the course of the fit, the object being to keep all of the principal avenues of excretion, viz. the bowels, the kidney, and skin, gently open, which will prevent any *retrocession* to the stomach or other vital organ; at the same time the active treatment of the part affected may be carried on vigorously.

Cold water appears to be an excellent remedy; and when there is great heat and pain, the foot or part may be plunged into cold water for a few minutes, every two hours during the day, till the disease disappears. Salt may be added to the water.

Apply the Green Mountain Ointment profusely all over the inflamed parts, and warm it in by a fire for half an hour, after which apply a plaster spread upon linen. Repeat the operation morning and evening. Refrain from improper exercise of the diseased limb, or afflicted parts, until wholly relieved. O, ruse warm slippery elm poultices, changing often; or wash with the stimulating liniment.

The Sarsaparilla Compound and Health Bitters should be continued sometime after the fit is past, to remove the taint and prevent repetitions.

The diet should not be much reduced, particularly in aged subjects, excepting perhaps in quantity; and if wine be used, the Madeira or Sherry wines are most proper. Champagne, Claret, and Port, have a far greater tendency to produce this disease than the others named.

SCROFULA, OR KING'S EVIL.

Causes and Symptoms.—The usual cause is a hereditary taint, or whatever may reduce or impair the health. If a child be fed with weak, watery, vegetable food, which easily becomes sour in the stomach and bowels, we may be almost certain that it will sooner or later be affected with scrofula. Or if it be exposed without proper clothing to cold, or, what is worse, to a damp atmosphere, the same dreaded disease, scrofula, will be readily produced. It will sometimes follow severe small pox, measles, or scarlet fever. Scrofula, then, in all its forms of swelled glands in the neck, bad ulcers and sores, and white swellings of the joints, is mainly produced by a disordered state of general health, and particularly of the stomach.

Treatment.—If the disease has made its appearance in the form of flushed or ruddy cheeks, swelled or chapped lips, swellings and tumors in the neck, or white swellings in the joints; then we may be certain that the food is too weak, and has run to acid in the stomach and bowels. Diminish therefore the vegetable food, and let the sufferer have as much lean boiled-beef or mutton, with fresh biscuit, as he can eat, with soda water, or fresh table beer, as he wishes to drink.

The Sarsaparilla Compound is a standard medicine for scrofula; it is composed of a variety of the most purifying vegetable substances known, and is equal, to say the least, both in quality and cheapness, to any other before the public. It should be perseveringly used, with due attention to the diet as above directed; and in connection with it, the alkaline solution must be used; or hydriodate of potassa, dissolved in the proportion of a quart of water for each ounce, and taken, half a wine-glass, thrice a day. These alkalies neutralize the peculiar acid tendency, while the Sarsaparilla gradually alters and corrects the secretions and excretions. At the same time, the bowels must be regulated and kept free, by taking a purging dose of the Vegetable Pills once a week, and a single pill daily, unless there be otherwise sufficient laxity.

Meanwhile *external applications* are to be used. The ulcers and swelling are to be washed frequently with the alkaline water, and if the sores be open, the water is to be injected into them. After being thus washed and dried, apply a plaster of the Green Mountain Ointment. The foregoing treatment is to be faithfully pursued, oftentimes for many months; but if so followed, will almost invariably result in complete success.

The common sponge, burnt to ashes, and mixed with a little lard, and applied two or three times a day, is said to be very good.

Slippery elm and bayberry barks, pulverised, made into a poultice, with a little salt, is often very useful; and Dr. Beach reports curing a most extraordinary case of scrofulous tumor and swelling, by poulticing it with the green root of the indian turnip until suppuration followed, injecting alkaline liquid into the sinuses, and keeping them constantly discharging, till the whole was reduced to the natural condition, when it healed; otherwise, the same general treatment was followed as is above indicated.

The patient must wash daily in salt water, or bathe in the sea water if he can.

For other alterative medicines, see the ample *materia medica*, &c.

SEA SCURVY.

Causes and Symptoms.—This depends on improper diet, particularly a long-continued course of salted meat without fresh vegetables, along with despondency, all of which are increased by cold and moisture. In this disease, there are pale and bloated complexion, spongy gums, livid spots on the skin, offensive breath, swelling of the legs, foul ulcers, fetid urine, and extremely offensive stools. In its last stage the joints become stiff, the tendons of the legs rigid, there is bleeding at different parts of the body; at length, violent purging or dysentery comes on, and proves fatal.

LAND SCURVY does not differ in its symptoms from the sea scurvy, and is caused by living in cold, damp situations, bad habits, poor living, neglect of cleanliness, low spirits, &c.

The treatment is precisely the same in both. It is of the utmost importance that the causes be avoided, otherwise cure is impossible; also avoid much exertion, and keep out of any strong current of air. The diet should be of fresh bread or fresh vegetables, or where these cannot be had, cider, lemon-juice, vinegar, pickles, sour-kraut, and the like.

The following is a celebrated anti-scorbutic drink:—take three ounces of cream of tartar, four ounces of juniper berries, quarter of an ounce of powdered ginger, five pounds of common sugar, or a gallon of molasses, and six gallons of water; boil half an hour; strain and add a little yeast, and allow it to ferment. This may be drank freely, say three pints daily.

Wash the ulcers with liniment, and dress with Green Mountain Ointment.

Costiveness is to be especially avoided. Purge once or twice a week, and take one or two Vegetable Pills daily. And for the relief of acute pain, take as much of Dover's powder as will make an ordinary pill, three times a day.

C A N C E R.

Causes and Symptoms.—The cause of this dreadful disorder is unknown, but it rarely occurs in persons under the age of forty. It is most common in the lips, armpits, the female breast, and in the liver and womb, and where warts, moles, or birth marks have been injured. It usually begins with a hard tumor, about the size of a hazel nut, or perhaps smaller, which on being irritated by pressure or improper treatment, extends itself towards the neighboring parts, by pushing out a kind of roots or limbs, whence it gets the name of cancer, from a fancied resemblance betwixt these limbs and the claws of a crab. The color of the skin, which is first red, begins to change to purple, then to bluish, livid, and lastly black, with heat and a burning, gnawing, shooting pain. The skin at length gives way, and a thin acrid fluid corrodes the neighboring parts, till it forms a large unsightly ulcer. The pain and stench become intolerable; the appetite fails, and the strength is exhausted by a hectic fever.

Treatment.—In regard to surgical operations for cancer, we believe they are rarely beneficial, and very often horribly aggravate the disease, and shorten the life, particularly in the advanced stage after ulceration. Dr. Alexander Monro, of Scotland, gives this conclusive testimony: "Of near sixty cancers which have been present at the extirpation of, only four patients remained free of the disease at the end of two years;" and he goes on to say that on the relapse, the disease was generally more violent, and made more rapid progress, than if no operation had been performed. Such is our own experience.

Our advice is that when a cancer shows itself, early means be used to retard its progress, for they sometimes remain undeveloped many years, and perhaps for life; be particular never to have it struck or wounded; purify the blood by alterative medicines; live on a simple, pure, and nourishing diet; do not labor hard, nor indulge in any excess or passion of body or mind; bathe the body regularly and frequently, but do not irritate or

call the blood to the cancer. In short, be perfectly regular and correct in all the habits, and by every means promote the health, elasticity, and cheerfulness.

Should the cancer progress, the patient must endeavor to *discuss* it by internal and external means. The Vegetable Pills should be taken once or twice a week, and apply the Green Mountain Ointment regularly and perseveringly; or alternately with the Ointment, keep the cancer wet with a tincture of yellow dock root an ounce and a half, the same of salt, or as much as will dissolve in a pint of brandy. The foregoing is rather applicable to cancer in the *hard or schirrhous state*.

The following is a recipe which was handed to us by a gentleman in whom we repose the highest confidence. We have not, however, had an opportunity of testing it.

Melt one part, by weight, of britannia metal, in an iron vessel, over a coal furnace, and add to it two parts of sulphur, and stir until it turns to a fine powder; it must not be allowed to take fire. If you cannot thus reduce it to powder, let it cool and pulverize. Spread a plaster of Green Mountain Ointment, and sprinkle it with the powder, and apply to the cancer; changing as often as may be necessary, once in twelve or twenty-four hours. This remedy, he says, is designed only for cancers that have *ulcerated*.

The lye of hickory ashes, boiled to the consistency of honey, may be applied to the ulcer on a bit of buckskin, as long as it can be borne, or till the pain subsides; use this daily, and after each application, apply the Green Mountain Ointment.

Another wash may be made from bruised poke leaves, and scraped yellow dock root—a strong decoction; wash the ulcer with the liquor, and afterwards lay the boiled leaves and root on, and keep wet with the liquor.

The Vegetable Pills must be taken twice a week, and one daily, and the strength must be maintained by the use of tonics and alteratives, such as the Health Bitters, and Sarsaparilla Compound.

DROPSY.

Causes and Symptoms.—This is often brought on by hard drinking and irregular living, it also follows fevers and other severe disorders. It begins with a swelling of the feet and ankles towards night, and the parts, if pressed with the finger, will pit. The swelling gradually ascends towards the belly, and afterwards the breathing becomes difficult; the urine is in small

quantity, and the thirst great. To these succeed torpor, heaviness, a slow wasting fever, and a troublesome cough is generally a fatal symptom. When the patient is young and strong, there is reason to hope for a cure, but if the patient be old, there is ground to fear it will prove fatal.

Treatment.—When the legs only are affected, they should be well rubbed with a flesh-brush, or camphorated oil and flannel rollers regularly applied from the toes to the knees will prove very beneficial; if the fluid be seated in the cavity of the belly, after all other means have been exhausted, it may be drawn off by an expert surgeon. Exercise is highly useful, the patient should walk, ride either on a horse or in a carriage, or swing as much as he can easily bear; also bathe with cold water daily. It will be important to keep the bowels regularly open, by the Vegetable Pills, once or twice a week, and one pill daily. Diuretic medicines are very useful, such as tea made of broom tops, a cupful twice a day; a tea of indian hemp, as much as the stomach will bear; or squills in the form of pill or syrup; or nitre, two scruples in twelve ounces of hot water, with syrup of orange peel, a cupful every two or three hours will do good. Foxglove is one of the most powerful remedies; take one drachm of the dried leaves of the common garden plant, and pour on a pint of boiling water; let it stand four hours, strain, and add a table-spoonful of the essence of spear mint; sweeten, and take a table-spoonful twice a day; and after four or five days, if there be no nausea or giddiness, the doses may be increased. There are a great variety of valuable vegetable diuretics, for which see *materia medica*.

Cream of tartar in drachm doses, with two drops of oil of spearmint, or drinking freely of mint tea, every two or three hours, is also excellent.

DROPSY OF THE CHEST.

Symptoms.—This generally comes on in advanced life, with difficulty of breathing, particularly on motion, and when in a horizontal posture; sudden startings from sleep, with anxiety, and palpitations at the heart, irregularity of the pulse, cough, paleness of visage, dropsical swellings of the legs, thirst, and a diminution of urine, which is high-colored, and, on cooling, deposits a pink, or red sediment. There is a sensation of water in the chest, on certain motions of the body, as if the heart were moving in a fluid.

Treatment.—This being only a species of dropsy, is treated in the same way. Foxglove is by far the best medicine.

WATER IN THE HEAD.

Causes and Symptoms.—It usually occurs in infancy, or boyhood, and may be suspected when a child appears uncommonly dull or heavy; complains of pain in the head, has its sleep disturbed with alarming dreams, reluctantly moves its head from the pillow, or attends to surrounding objects; and is affected with frequent sickness, and slight fever. It is frequently occasioned by the falls on the head, which children are exposed to on first going alone, and by severe blows on the head, inflicted in the correction of children. Parents too often forget the weight of their hands, and the delicate structure of a child.

Treatment.—No medicine has hitherto been found sufficient to carry off a dropsy of the brain; those generally used are mild purges, diuretics, and tonics.

DISEASES OF THE NERVES.

IN order to explain the diseases or derangement occurring in the organs of sensation and motion, it will be necessary to give a brief and plain description of these organs.

HEALTHY STATE OF THE BRAIN AND NERVES.

The brain is encased in the strong bones of the skull, and is farther enveloped in strong membranes; the outer, smooth and without elasticity; the inner, very soft and delicate. The substance of the brain and spinal cord is, like the blood, composed of minute globules; and the whole mass of these is composed of two substances; one, grey, which in the brain is situated exterior to the other, which is white; but in the spinal cord, the white is situated exterior to the grey. The peculiar organs, termed nerves, are white, soft, and threadlike cords, running to all parts of the body, and becoming smaller and more branched, as they are more distant from the brain and spinal cord. Formerly, all the nerves were supposed to have only the function

of sensation ; but Sir Charles Bell has proved, that some only are endowed with this function, while others are appropriated to the production of voluntary motion. Besides the nerves connected with the brain and spinal cord, there is a system of numerous and extensive nerves, which are only connected with the other nerves by very small twigs ; and the system is therefore considered as being partly independent of the others. This partially independent system of nerves is termed the *gaglionic* system ; and the whole is sometimes also called the great sympathetic nerve, or the intercostal nerve. This last is very important in its connection with the organs of the chest and belly.

DISORDERS OF THE BRAIN AND NERVES.

We shall now proceed to consider the disordered state of the organs just described.

INFLAMMATION OF THE BRAIN.

Symptoms.—If a patient be affected with severe pain in the head, light-headedness, fever, cold feet, redness of the eyes, and impatience at viewing much light, or hearing loud noises, succeeded by shiverings ; inflammation of the brain, or its membranes, may be feared to exist. This must be followed with death in a very few days, if not opposed by the exertions of some skilfully applied means.

Treatment.—The cold feet and fever indicate unmistakably the nature of the treatment, not to abstract the precious blood, but to distribute it equally over the body, and to attend to the febrile symptoms ; and the earlier this is done the easier will be the cure.

The febrile symptoms are to be subdued by the means recommended for fevers in general, viz. foot-bathing, emetics, purgatives, diaphoretics, diuretics, &c.

The feet should be bathed morning and evening ; cloths, wet with cold water, or vinegar, and frequently changed, are to be laid on the burning head ;* mustard plasters to be put to the

* Dr. Graham says, " Sometimes the pain and heat in the head, in this disease, is so extremely great, as to cause cloths dipped in iced water to dry with astonishing rapidity ; and then the *cold dash* should be had recourse to immediately." Seat the patient in a tub, place a table alongside, on which the operator is to stand, and let him commence pouring on the cold water in a steady stream, at first near the head, but gradually raising the watering pot or pitcher as high as he can reach. Continue this till the head becomes cool ; then wipe dry, and put the patient in bed ; repeat this if the burning heat return.

soles of the feet, and nape of the neck, if the pain in the head be very great and all other symptoms to be attended to as they arise.

NEURALGIA, OR TIC DOULOUREUX.

Causes and Symptoms.—This is supposed to be caused by some internal pressure on the nerves of the face, and consists of great pain, often amounting to torture in the cheek, upper lip, tongue, ear, and over the face.

Treatment.—Those who are subject to face-ache, ought to attend to their diet, and keep their bowels regular, using the Vegetable Pills occasionally, and a pill each day; also using a tincture of the Health Bitters. Regular bathing should be attended to.

On the accession of a paroxysm, the feet should be bathed in warm water, and six or eight grains of Dover's powder given, and repeated in smaller doses at intervals of four or five hours. An emetic will be singularly valuable in the commencement of the disease.

Electro magnetism is said to be extremely efficient in the cure of this distressing complaint.

SICK HEADACHE.

Causes.—This is a very common and a very distressing complaint, which is, however, in general, self-procured, and may readily be prevented by avoiding the causes. You cannot possibly escape a severe attack of bilious headache, if you indulge beyond due measure, in eating, drinking, smoking, or other sensual indulgences.

It often becomes constitutional, and manifests itself in paroxysms of greater or less duration, and at intervals of one, two, or four weeks. In females it is often connected with menstrual irregularities and suppressions, usually coming on at the menstrual period; and unless checked, may last from twelve to thirty-six hours.

Symptoms.—Bilious headache rarely affects the whole head, but usually a particular part, such as the forehead, extending over one or both eyes. In other cases, it is confined to one side of the head, accompanied often by nausea and vomiting. The pain is very severe and distressing, so that the smallest light or noise becomes quite intolerable.

Treatment.—Those who are subject to these attacks, gene-

rally know in advance when one is approaching. A dose of the Vegetable Pills should then be taken, and if the attacks are very severe, an emetic may be given, with a foot-bath and sweating teas, and a fever and ague pill every two hours, during the attack; give also, a diaphoretic anodyne at night. Reduce the heat of the head by applying cold water.

For a permanent cure, take the Vegetable Pills once or twice a week, and one daily. The Health Bitters, or Sarsaparilla Compound, will also be of great service. Use daily ablutions and friction; we have thus cured a great number.

Females will find a sure remedy in the Uterine Catholicon.

GIDDINESS, OR VERTIGO.

Symptoms.—There are at least two different species of giddiness, or vertigo. The first is characterized by a feeling of quick rotation in the inside of the head; and it is this which precedes epileptic, paralytic, and apoplectic attacks. In a moment after its commencement the patient is often seized with nausea, and sometimes with vomiting; and at other times, almost immediately falls senseless. Another species is distinguished by a feeling as if objects were becoming dark, when, after stooping, the patient suddenly rises up into the erect posture; this is rarely, if ever, accompanied with sickness, and ought rather to be called swimming than giddiness.

Treatment.—Ascertain the true cause of the disease, and treat it accordingly. In general, let the habits be regular and quiet; bathe daily with cold water; be temperate in eating and drinking, &c.

If there be over-fullness of blood in the head, disperse it by an emetic, a purgative, or by soaking the feet and applying drafts.

APOPLEXY AND PALSY.

Causes.—Apoplexy is caused by a distention of the blood-vessels of the brain, often with such pressure as to rupture a vessel. It may arise from grief, low spirits, over-eating, over-drinking, sudden falls, or jars, and the like. Those who are corpulent and short-necked, are most liable, though it is not confined to such.

Symptoms.—There are two sorts of apoplexy. In one of these, a person, apparently in the full glow of health, suddenly drops down, or falls from his chair, and lies as if overcome with a heavy sleep, accompanied with rough, hoarse breathing. The

countenance is turgid with blood, and of a reddish purple hue ; the eyes are bloodshot, and seem as if starting from their sockets ; while foam, or frothy saliva, is blown from the mouth with every expiration. In the second form, the attack is preceded by pain in the head, sickness, sometimes arising to vomiting and faintness ; and the person falls down, as in a swoon, in which state he dies ; or, he recovers his sensibility for a short time, but complains of intense headache, and gradually sinks into a state of lethargy, from which he never awakes. In this form, the face is pale and shrunk ; and if the individual survive, one side of the body generally becomes paralytic.

Treatment.—In both forms of apoplexy, untie the neckcloth, removing every source of pressure from the throat ; and carry him into the open air, or a cool spacious room, and place him in a sitting position, so as to favor the return of the blood from the head ; taking care that the head be kept upright. The first effort should be to equalize the circulation, and the most prompt and suitable means is to pour pitchers of cold water from a height on the patient's head, till he comes to. This immediately relieves the head, and to divert the blood still more to the lower extremities and restore its balance over the body, the feet and legs should be placed in very hot water, and rubbed with mustard, followed, as soon as the patient can swallow, by a full dose of the Vegetable Pills.

The patient having recovered from the violence of the attack, means should be used to prevent a recurrence. Purge with the Vegetable Pills once a week, taking also one daily, and use the Sarsaparilla Compound. Avoid the causes above-named, let the diet be light and cooling, and bathe daily.

EPILEPSY, OR FALLING SICKNESS.

Causes and Symptoms.—This is caused by some disordered state of the brain, causing a violent convulsive contraction of the muscles of the extremities, the eyes, the tongue, the lower jaw, and the bladder, attended with foaming at the mouth, and total loss of sensation, and ending in a state of insensibility, and apparent sleep. The patient, on becoming sensible, complains of torpor, heaviness of the head, and general weariness. The fit often attacks suddenly, but, for the most part, is preceded by a pain in the head, weariness and dimness of the eyes.

Treatment.—During the fit, care should be taken that the patient do not injure himself by biting his tongue, and the like,

by the violence of his struggles. His clothes should be loosened, and his head elevated, and a piece of wood put between the teeth. No cup or glass ought to be given him to drink from, till the convulsion has subsided. When it has been caused by drinking strong liquors, an emetic will always remove the fit. The cause of the disease should be sought for, and treated accordingly; sometimes it is worms, at other times it may be suppressed menstruation. In general, however, the disease is to be treated as one of *debility*. Purge once or twice a week with the Vegetable Pills, also taking one daily; occasionally an emetic of ipecac may be given. Take the Sarsaparilla Compound or Health Bitters; or a small pill made of the inspissated juice of the stramonium or stink-weed, twice a day, gradually enlarging the pill to the usual size; continue this for a month, or till a cure is effected.

Use the shower bath and friction daily, with light nourishing diet.

FAINTING, OR SYNCOPE.

Causes and Symptoms.—This originates from an irregular or defective performance of the functions of the brain; the pulse stops, or can scarcely be felt, the action of the heart and lungs is feeble and imperfect, and the utterance is gone. It may arise from exhaustion, fatigue, long fasting, acute pain, or from some sudden passion. The fit generally ceases after a few minutes, when the person becomes sensible of what is going on around him.

Treatment.—Let the person be conveyed into the free air, and cold water be sprinkled on his face, and poured down his throat. Pungent odours should also be held under his nose, such as smelling bottles, or spirits of hartshorn. He should be laid in a horizontal position, and the feet and hands rubbed with spirits, salt and vinegar, or any strong stimulant. As soon as he can swallow, recovery will be expedited by taking a glass of wine, or fifteen drops of ether or spirits of hartshorn.

DELIRIUM TREMENS, OR THE DRUNKARD'S FEVER.

This is a well-known disease, resulting from excessive indulgence in ardent spirits, opium, or other stimuli. Its approach is gradual, attended with loss of appetite, costiveness, nausea, vomiting, tremors, wakefulness, and most of the febrile symptoms; and is several days in reaching its climax.

The unfortunate subject raves, he walks to and fro in the greatest agitation and distress of mind; he thinks he is surrounded by evil spirits, and wherever he looks he sees a devil; the carpet is infested with snakes, they entwine his body, get under his clothes, and he worries himself by constant efforts to dislodge them. The mind is often directed to other things—the fear of robbery, murder, and the like; altogether, it is the most horrible disease we know of, and after a few paroxysms, epileptic fits or death results.

Treatment.—The person should not permit the disease to steal upon him, and get to its maximum, before treatment commences. During the forming stage, let him take an emetic and a brisk purgative; also soak his feet night and morning, or take a warm bath, and promote perspiration by warm herb teas. If the disease advances, let him repeat the emetic, purgative, and bath, and take ten grains of Dover's powder every third or fourth hours, or as often as may be necessary to keep his nerves quiet, keep up moderate perspiration, and procure sleep. He is not to abandon at this time his favorite stimulant, and it may be necessary, during the height of the paroxysm, to give a solid opium pill of three grains every third hour until he rests.

We cannot, in conclusion, do better than give the following formula from Dr. Röth, a distinguished German physician, who says he has succeeded thereby in completely curing many poor creatures who were killing themselves by tippling and drunkenness. Take of each, a tea-spoonful of the tincture of columbo cascarilla and gentian, twenty drops of the elixir of vitriol, and a wine-glassful of infusion of quassia; mix, and take two or three times a day; also have a pitcher of cold water dashed over the head and face every morning on rising, and at the same time bathing and rubbing the whole body; bathing the feet in warm water every night. Continue this six or eight weeks.

NERVOUS COMPLAINTS.

Symptoms.—In what are vaguely termed nervous complaints, almost no two individuals have the same feelings; but generally the patient is annoyed with flatulence, fretfulness, and fears of imaginary evil; and uncomfortable heat, attended by flushings of the face. The deceptive color of the cheek, indeed, is always attended by this most disagreeable feeling of heat, even in the coldest weather. Along with such symptoms, there will almost uniformly be a chilliness, or coldness of the feet. The

nerves being feeble, weak, and irritable, are very liable to be affected by slight causes; and, from their close connection with the mind, through the brain, are apt to produce low spirits, agitation, irritation, and fear; the patient will start violently, and be alarmed at the shutting of doors unexpectedly; even the accidental fall of a piece of money is felt to be disagreeable; he can scarcely eat his dinner in comfort, for the grating sound of carving and removing; the face will flush, the eyes sparkle, and the whole frame will be thrown into agitation, by the jarring of a door-bolt, or the sudden barking of a dog.

There is often a sensation of sinking and faintness, which comes upon the sufferer, particularly when in a crowd, or from the fatigue of standing or walking for a considerable time, without having taken any thing into the stomach. The horrors of nightmare are even more dreadful than the sinking felt when awake.

Treatment.—The nervous are usually and properly advised, in popular medical works, to strengthen themselves by wine, bark, steel, cordials, and, above all, cold bathing; tepid and warm bathing are also excellent, when repeated about twice or thrice a week. When the warm bath cannot be conveniently procured, bathing the feet and legs in warm water, every night at bed-time, is an excellent substitute. The diet must be light and palatable, and the patient may judge pretty well of his improvement, by his relish for under-done beefsteaks and ale. Flannel we consider very bad, when worn next the skin; though flannel and silk are invaluable, when worn over the linen.

It is absolutely necessary to keep the bowels regularly open, and to destroy acid and flatulence; for which purpose the treatment for indigestion, or indigestion and costiveness, will be very applicable, (which vide).

Take a Fever and Ague pill twice or thrice a day; or, take twelve grains of sulphate of quinine, twenty-four grains of ammonio-chloride of iron, twenty-four grains of extract of gentian; make into twenty-four pills; and take two for a dose, thrice a day.

Electro Magnetism will be found particularly valuable in these, as in all classes of nervous disorders.

TETANUS, OR LOCKED JAW.

This is one of the most dreadful of all nervous disorders, and is most prevalent in hot climates. ♦

The disease comes on, though sometimes suddenly, for the most part gradually, with an uneasy stiffness in the back part of the neck, and about the shoulders, together with difficulty of swallowing. The muscles of the under jaw become affected with a spasmodic contraction, and the teeth are so firmly pressed together, that they cannot be opened by any force. The whole body, during the fit, often becomes as rigid as a piece of iron.

Treatment.—When a wound heals kindly, and yet is followed by tetanus, it may be slightly opened and bathed freely with hot spirits of turpentine; or bathe the part with lye as hot as can be borne, and dress with Green Mountain Ointment, or a poultice of ground slippery elm bark and lye. Use the vapor bath, and give ten grains of Dover's powder every four hours.

The following is derived from Larrey, a French surgeon-general:—One grain of opium, ten grains of camphor, and five grains of nitre, mixed in a mortar, with an ounce and a half of almond, or gum arabic emulsion. The same to be given four or five times a day.

All other things having failed try Electro Magnetism, from which success may be hoped.

PALSY, OR PARALYSIS.

Sometimes the palsy is confined to some particular member, sometimes again it affects the whole of one side, and at others the upper or lower half of the body.

Treatment.—The bowels should be purged with the Vegetable Pills twice or thrice a week, and a single one taken daily; but if the bowels be paralysed, inject salt water, or stimulating injections may be given, made as usual with warm water, milk, sweet oil, with the addition of an infusion or tincture of red pepper.

If the palsy be caused by an affection of the spine, (the case generally when the lower limbs are affected,) find the diseased spot, and treat it as directed under spinal affections.

In general, however, the purgative as above, with the Health Bitters or the Sarsaparilla Compound, with bathing, friction, and stimulating liniments, will gradually restore.

Magnetism is a remedy which, in obstinate cases, should not be forgotten.

Dr. Alderson says he has employed the sumach, called also poison oak, (*rhus toxicodendron*), with success in twenty-four

cases. He begins with half a grain of the powdered leaves three times a day, gradually increasing to five or six grains, or till he found a sense of tingling produced in the paralytic part, accompanied with some degree of twitching or convulsive motion.

This shrub grows from one to three feet high, flowers in June and July, and is found from Canada to Georgia; it is not the common sumach.

HIP AND SPINAL AFFECTIONS.

Seek the part affected by pressing the thumb on the spine along its whole length, and when a tender or sore spot is found, rub the place with a stimulating liniment, and apply a thick and large plaster of Libby's Pile Ointment, renew the dressing once or twice a day, and continue the same till the tenderness ceases.

Magnetism may also be tried, it will generally do much good, also gymnastic exercises; these latter means are to be long and faithfully practiced, with bathing, friction, and the use of such medicines as particular symptoms indicate.

DISEASES PECULIAR TO FEMALES.

CHLOROSIS.

THE green sickness, as it is commonly called, is a distemper that attacks females generally before puberty, and sometimes (if the courses do not appear) long after. It is also called White fever, and Virgin's disease. Its cause is a deficiency of the vital heat, sour stomach, diminished circulation, pining, inactivity, dyspepsia, vegetables, fruit, sugar, a deficiency of bile, &c. The symptoms are, a sallow, pallid, or livid countenance, softness of the flesh, swelling of the eyelids and ancles, sometimes of the abdomen; indolence, aversion to exercise, especially to running or walking fast; difficult breathing, depraved appetite, headache, palpitations, green stools, sour breath. The disorder sometimes lasts long, without producing any remarkable ill consequences; it is rarely difficult of cure. The courses often carry it off. Feeding on chalk, charcoal, and the like, is not the cause, but the effect of the disease.

Treatment.—Daily cold bathing and exercise should be practiced, the Vegetable Pills are excellent, and emetics may be of

decided advantage. Many doctors bleed; but to lessen the quantity of the blood is an indiscretion inexcusable. The Uterine Catholicon is sovereign in all cases.

HYSTERIC S.

The causes are, an unequal distribution of the vital heat, suppression or profusion of the courses, delicacy of constitution, luxury, want of exercise, strong inclination to venery, whites, want of blood, acid gas. If the patient has been long troubled with them, they often terminate in a perpetual causeless timidity, madness, or all the horrors of the hypo, to which this disorder is very similar.

Symptoms.—The hysteric fit seldom comes on without some premonitory signs; such as palpitations, flatulency, sickness, depression of spirits, and the like. A sense of fulness, or pain, is felt in the left side, which gradually mounts up to the throat, occasioning the feeling of a ball being there, threatening suffocation. The patient then falls down, and the convulsive action commences. The body is twisted, the hands are clenched, and beat incessantly against the breast; the person rolls on the ground, and screams, and laughs involuntarily. When the fit ceases, the patient continues for some time in a stupid and half-insensible state.

Treatment.—During the fit, cold water, or vinegar, may be sprinkled on the face; pungent applications made to the nostrils, and warm friction applied to the extremities. If the patient can swallow, give half a tea-spoonful of laudanum and ether, or an emetic.

If, as is generally the case where females are the sufferers, the disease arise from uterine or menstrual difficulties, the Uterine Catholicon will speedily and effectually cure it.

LEUCORRHOEA, FLUOR ALBUS OR WHITES.

This is a disorder all females are subject to. The causes are a laxity of the fibres, suppression of the courses, sprains of the loins, hard labor, violent purges, profuse bleedings, blows, falls, weakness of the solids. The symptoms, a discharge of matter generally white, sometimes thin, yellow or brown, offensive; heat in passing water, fainting, sleeplessness, pain in the back and loins, increased by exercise, wasting away. It is not easy of cure. Women are generally troubled with it a great while before they apply for assistance. To this natural bashful-

ness they owe more bad consequences than they ever suspected. It is often productive of many dreadful disorders, which might with great facility have been prevented; as consumption, falling of the womb, dropsy, internal ulcers, &c.

Treatment.—The most nourishing diet is necessary, as milk, meat, broths, shell-fish, and the like. For her breakfast, two drachms of isinglass may be boiled in milk. Emetics are useful, as also the Vegetable Pills. But for a radical and permanent cure the Uterine Catholicon is the only medicine before the public that will accomplish it. Further treatment will be noted below.

SUPPRESSED MENSES.

An obstruction of the courses is either total or partial, at the stated times. The causes are, a deficiency of blood and of the vital heat. It is accompanied by loss of appetite, pale or bloated countenance, whites, headache, vertigo, palpitation, pain in the loins and thighs, swelling of the ancles, hysterics. If the stoppage is total, the cure is difficult, but by no means impracticable, as most doctors think, (unless succeeded by a consumption.)

Treatment.—For a permanent cure, use the Catholicon, as noticed below; otherwise a brisk purge of Vegetable Pills, or an emetic, will assist in starting the flow.

IMMODERATE MENSES.

The courses are sometimes so profuse, as to bring on a large tribe of the most formidable disorders. The causes are, general weakness of the body and the womb, deficiency of vital heat. The symptoms are, looseness and flabbiness of the flesh, thin, light, and lank hair, paleness, faintings, loss of appetite, swelled ancles. Occurring after abortion, or delivery, or if the patient is above fifty, it must be very profuse to prove dangerous. If the patient is about thirty, and it is succeeded by a spontaneous total suppression, it is dangerous. If of long continuance, and always immoderate at the periodical returns, and the patient under forty, it cannot be restrained too soon.

Treatment.—It is surprising that all doctors, who have ever written on this subject, propose bloodletting, by way of revulsion forsooth. Such practice cannot be too much execrated. A vomit is a more speedy, more effectual, and far safer remedy. The diet should be nutritious, the exercise very gentle. The

Catholicon will speedily correct all these symptoms, and the improper flow, and may be given as prescribed for the other uterine diseases below

PROLAPSUS UTERI.

The falling down of the womb is owing to the relaxation of its ligaments, or to some violence used in labor, by *male* midwives, who are apt to hurry matters, and are deficient in the patience which *females* naturally possess. Other causes are, falls, strains, shocks, whites, the forcible (though perfectly useless) pulling away the after-birth, general weakness, &c. There is great pain when sitting still, or at stool, difficulty in making urine, sometimes convulsions and mortifications. If the patient is pregnant, the case is always dangerous. If the part is not reduced, it may turn gangrenous; if the ligaments are broke it is scarcely curable.

Treatment.—If she is with child, let the abdomen be supported by a bandage. She should be kept lying on her back (with her hips raised and her legs crossed,) as long as possible. A persevering and faithful use of the Uterine Catholicon will infallibly cure all cases of falling of the womb, if the case be within the power of human agency. Further treatment below.

ABORTION.

This and every other disorder to which a woman during pregnancy is liable, is chiefly, if not entirely, owing to a deficiency of heat and blood; which may easily be gathered from a consideration of the expense she is at for the nutrition of the child, and the formation of its appurtenances. If two ounces of blood were drawn every day from a person ever so healthy for forty weeks together, let it be left to common sense to determine whether such a one can stand in need of supernumerary bloodlettings during that time. It is upon this account that their faces appear so thin, their noses pinched in, and various disorders attack them which originate from a deficiency of blood, owing to the quantity absorbed by the child for its growth in the womb. If a woman with child is bled, said Hippocrates 3,000 years ago, a miscarriage is endangered; the larger the child, the more certain and expeditious will be the abortion. Experience confirms the truth of this observation of the divine old man. What a pity it is, our fashionable medical professors

in the colleges could not take a leaf from the book of Hippocrates, and teach its important truth to the thousands of young doctors they scatter over the country to spread destruction and death around them! We have known many ladies who used bleeding during their pregnancy and miscarried, but on the omission of it went out their full time, and were delivered of healthy children. That all do not miscarry who are bled is true, and indeed nothing is more to be wondered at than the inexhaustible resources of Nature, by which she can recover herself from the consequences of such ill-timed evacuations. To use the lancet because her periodical visits disappear is absurd and puerile, for it cannot be a manly argument that we ought to lavish away the fluid which Nature demonstrates her want of, by the care she takes to preserve it. Bleeding, in a word, is always hazardous and improper during pregnancy, and not seldom brings on convulsions and death. To this rash and inexcusable imprudence it is owing that such numbers of women who even go their full time, *die in child-bed!* The causes of abortion are, weakness, bleeding, blows, falls, frights, disappointment in that which was longed for. The symptoms are, pain in the back, loins, and thighs, bearing down; head ache, nausea, quick pulse, flatness of the breasts, fainting, dribbling of the water from the womb, flooding. If nature is not counteracted or disturbed by unnecessary medical interposition, there is seldom any danger of the mother. If the child is dead (which may be known by faintings, cold sweats, flushings, or the child falling from side to side,) nothing but mild emmenagogues (such as the Catholicon) should be given once or twice a day. It may continue in the womb three or four weeks without any ill consequence, and it scarce ever exceeds that time before Nature will effect its expulsion.

LABOR.

To secure a safe and easy delivery. See prescriptions below.

AFTER PAINS.

Are more severely felt by those women who have had more children than one. They are caused by a too quick contraction of the arteries of the womb, a distension of the ligaments, elastic air, retention of clots of blood. They are not dangerous nor difficult to remove. If they cause a suppression of the lochia, use the Catholicon.

SORE NIPPLES.

Rub with the Green Mountain Ointment, or with a linament made of spermaceti and Balsam of Peru, two drachms of each.

We have thus clearly described the chief diseases peculiar to the female sex.* Some may ask why we have not pointed out any other remedies than the one now presented; the reason is, simply because these diseases have confessedly baffled the united skill of the medical world. In proof of this, we have only to quote from one of the most distinguished physicians in this country, whose whole mind and teachings have been for many years constantly directed to this branch of medical science.

Dr. Gunning S. Bedford, Professor of Obstetrics and the diseases of women and children, in the University of New-York, in a recent lecture before the Institution, holds the following eloquent language: "Why is it," says he, "that Chorea, Fluor Albus, Leuchorrhœa, &c., which bear so heavily, and often, too, so fatally on suffering woman, have triumphed over professional effort, and brought their victims, if not to death, at least to years of agonizing torture. Is it because these maladies are without remedy, and bid defiance to professional learning and skill?"

But, notwithstanding this high testimony, they are curable, and, as far as our experience goes, without exception, and the long train of suffering and woe removed by

MARSHALL'S UTERINE CATHOLICON,

which, without exaggeration, is one of the most extraordinary medicines of the age; an accidental discovery, as unexpected as it is gratifying and useful, for all diseases of the womb; the urinary organs; and for all the difficulties which attend the state of Pregnancy; as follows:

1st. Prolapsus Uteri, (or Falling of the Womb.) In any and every stage of this distressing complaint, no matter how difficult

* Among the general causes of female complaints we are strongly of opinion that the present (1849) peculiar form of dress, the long, tight, bodice waist, which has been the prevailing mode for several years, has something to do in the formation of the diseases under notice. This style of dress evidently crowds the stomach downward upon the bowels, and these again are pressed upon the bladder, uterus and rectum, thus aiding, at least, in the production of the diseases peculiar to each. We are fully confirmed in our views by several intelligent females. We hope, therefore, for the sake of humanity, that this fashion may take a more rational and healthful turn. Let those who lead, ponder upon this suggestion.

or complicated the case, a cure is certain. Its specific action is immediate and certain, upon the uterine and abdominal muscles and ligaments; restoring them to as healthful a state as those of youth. Supporters, bandages, pessaries and the like, are immediately dispensed with, and all the pains and weakness, consequent upon the difficulty named, are removed. Patients who have used the medicine cannot sufficiently express their gratitude for the relief experienced.

2nd. Leucorrhœa, (or Whites, Fluor Albus.) The Catholicon is infallible in this complaint. Relief is speedily experienced, no matter how severe the case.

3rd. Profuse Menstrual Discharges and Painful Menstruation immediately relieved.

4th. Suppressed Menstruation.—Infallible in this difficulty.

5th. Retention and Incontinence of the Urine. In short, all diseases of the womb and the Urinary Organs, yield at once to this extraordinary medicine.

The importance of this remedy in the foregoing complaints cannot be overrated, especially in Prolapsus Uteri, and the regulation of the Menses. It is beyond a question, the greatest boon to the female sex that has ever been discovered. Those who have tried it, unhesitatingly pronounce it to be so, and some of the oldest and ablest medical practitioners prescribe it and are surprised at its efficacy.

We now come to a class of complaints in which the Uterine Catholicon is of untold value. No pregnant woman should be without it, as its judicious use will insure fine health during the period of Pregnancy; a safe and speedy delivery, a speedy "getting up," and a healthy offspring. There is no reason why a woman should not be perfectly well during this period. It is not a disease, but a natural condition, in which the highest health may and should be enjoyed.

TREATMENT.

For PROLAPSUS UTERI (Falling of the Womb.) *Take two tea-spoonfuls three times a day, in as much water, midway between each meal and going to bed.* Regularity as to time is of great importance and all other medicines must positively be omitted during the use of this. The diet should be regular and of a generous quality. Keep the mind placid. Avoid hard labor or lifting; also much exercise either walking or standing, and

keep the body a good deal in a recumbent position. Use friction with cold water about the hips and back every morning. Should the bowels require aid, take one or more Graefenberg pills daily before breakfast.

For **LEUCORRHOEA** (Whites, or Fluor Albus,) or any other improper discharges, follow the same directions.

For **SUPPRESSED OR PAINFUL MENSTRUATION**, commence one week before the regular period and follow the same directions till a change is effected. The same for the next period if necessary.

For **RETENTION OR INCONTINENCE OF URINE, URINARY COMPLAINTS, DISEASES OF THE KIDNEYS, PAIN IN THE BACK, BLOATING** of any kind, pursue the same course as in Prolapsus Uteri.

For **ALL THE COMPLAINTS INCIDENT TO PREGNANCY**—Heartburn, Costiveness, Sickness at the Stomach, Vomitings, Hysterics and Fainting, Palpitations of the Heart, Cramps, Wakefulness, Disturbed Sleep, False Pains, &c., &c., the **CATHOLICON** will be found of great service, and give decided relief taken as above and as occasion requires. By a frequent use of it during this state, the delivery will be rendered much easier and the getting up more safe and speedy.

No injury or ill effects can result from the use of this **CATHOLICON** under any circumstances, for it is purely vegetable.

For a permanent cure in very bad cases of Prolapsus Uteri and Leucorrhœa, three to six bottles may be necessary and about as many months time. But a cure is certain in the worst cases.

None genuine without the Seal of the Graefenberg Company, and the Written Signature of T. POMEROY, M. D., inventor and proprietor, and of the Secretary of the Company.

DISEASES OF CHILDREN.

GENERAL REMARKS ON CHILDREN.

A most strange and irreconcilable fact meets us at the very threshold of our remarks on this important subject. It is this:—that no medical preparation adapted to the various diseases of children and youth has ever been offered to the public, while at the same time it is established by the most accurate tables of mortality that one-half the human family die before reaching the age of five years!

We should suppose that to this great class of human sufferers—this one half of the race—the most anxious and earnest attention would have been given: that medical skill would have been tasked to its utmost capacity to find out a medicine to which mothers and nurses might resort under the constantly recurring necessities which present themselves in this connexion. The world is literally crowded with medicines for adults, but towards the sufferings of children no one has seemed to turn proper attention. No one has seemed to think it possible that the ravages of disease and death among them might be stayed. The Graefenberg Children's Panacea is the only medicine extant worthy of being called a children's medicine, or that supplies the great want alluded to.

Look for an instant at the new-born infant. Its first breath is a cry! Its earliest slumbers are broken by faint moanings, indicative of pain. The nervous twitching of the muscles of its face tells of hidden derangement of the stomach or other inward part. Suffering is thus seen in a child but a few hours old; for if it were well it would not moan, nor cry, nor start in its sleep. No. These are nature's signals of distress, too well known to the ear of the anxious mother as they break upon the silence of her midnight watch.

Passing onward a few weeks or months new forms of derangement and suffering appear; easily controlled if properly treated, serious, nay, fatal, if disregarded. These are manifested by gripings, vomitings, wind, acidity, &c. &c. Infantile Jaundice frequently comes on, attended by yellowness of the skin and stupor, showing that there is biliary obstruction; a condition which is not only dangerous in itself, but which lays the foundation for numerous diseases.

A little farther onward another new train of difficulties arises, attendant upon the process of teething. These dangers are too familiar to need even a passing remark. Among them is the dreaded "second summer," that period of all others the most rife with anguish to the mother's heart. More children die under two years of age than during the next following fifteen years! Look at the bills of mortality each week as they are published in the papers of our larger cities, and learn the truth of what we now say.

These two years passed other complaints stand thickly in the pathway of the child; such as diarrhœa, cutaneous eruptions, rickets, fits, distortion of the spine, ringworm, scald head,

whooping cough, worms, prolapsus ani, (falling down of the bowels,) marasmus, or wasting away, &c. &c.

It is also a well-known fact that few young mothers are fully competent to treat the diseases to which children are liable. This is to them a painful trial, a source of great anxiety. In the course of time experience gives them the desired knowledge. But this is seldom the case until they have had a number of children. Young physicians are also less competent in this branch of practice than in any other. Book knowledge, excellent as it is, will not suffice in the treatment of children. Experience is the great teacher in this department of medical practice. The eye, the ear, the touch of the practitioner, must guide him. He must combine the instincts and knowledge of the physician, the parent, and the nurse, if he would be successful. It is, therefore, no wonder that with all these difficulties combined, one-half only of the race pass the age of five years.

From this five-year point (so to speak) let us look back upon the frightful mortality to which we have alluded; to the tears of mourning which have been shed over the graves of the loved and the lost; to the sufferings which have worn and wasted away these helpless children, and ask ourselves if something may not be done to lessen such evils?

It is well that we look forward, too, from this five-year point. In the nursery the foundation of a good or a bad constitution is laid. And if we would have our children avoid the wretchedness of a weak and listless youth time, or decrepid manhood, or premature old age, we must guard well the first five years.

The Children's Panacea is the great desideratum in this connexion. By its use the difficulties and dangers named may be greatly lessened, and the foundation of a good constitution secured. It is composed of vegetables alone; not one particle of mineral enters into it. It may be used with perfect safety by children of a few hours old. Under almost every form of disease recourse should at once be had to it.

ON THE MANAGEMENT OF INFANTS AND YOUNG CHILDREN.

Before proceeding, however, to particular directions we will make a few general remarks which may not be unacceptable to the inexperienced mother.

An infant should always lie as straight and natural as possible. Do not press it too closely in your arms.

The clothing should be always loose, and as light as the sea-

son will admit. Short dresses are decidedly better than the very long ones frequently used.

THE ACT OF DRESSING.

Some people in dressing an infant, seem in such haste, as to toss him in a way that must fatigue and harass him. The most tender deliberation should be observed. In addition to this hurried dressing, his clothes are often so tight that he frets. Pins should never be used in an infant's clothes; and every string should be so loosely tied that one might get two fingers between it and the part where it is fixed. Bandages round the head should be strictly forbidden. Many instances of idiotism, fits, and deformity, are owing to tight bandages.

FOOD AND FEEDING.

Ever keep in mind, that it is generally right to be sparing in the quantity of food; for over-feeding, as well as feeding improperly, are highly injurious:

A child in health will require only breast milk for the first four months, unless there is not a sufficiently early provision made by the breast of the mother for this purpose; then the child must have something given it, as near in composition as possible to the mother's milk, and we can scarcely recommend any thing better than a mixture of cow's milk, water, and loaf-sugar, in the proportion of two-thirds milk, one-third water, and a very small quantity of loaf-sugar. For the first month nothing but this should be given, and very little, if any thing else, for the second month; afterwards it may stand in need of a small cup of beef tea and crumb of bread daily. At the end of four months, it should be fed twice a day; once with bread and milk, or biscuit powder and milk, and once with light broth and bread, arrow-root, or rice. At eight or nine months, it should be fed three times in twenty-four hours; and then more solid food should be likewise given daily, as a bread or rice pudding, or a boiled egg. For an infant taken early from the breast, the diet should principally consist of cow's milk warmed, and poured on bread, first soaked in water, and of light broth with bread. If the child has a purging, the milk should be boiled.

After the first year, animal food in substance may be given twice a week to children. To those four or five years old, animal food may be allowed daily, and bread and milk night and morning. Particular care is, however, necessary, not to give

nutriment in large quantities to children who take but little exercise, or to those who are weakly, for in such an excess, or even a great variety of food, is apt to produce worms, convulsions, rickets, slow fever, scrofula, and purging.

The generation of acid in the stomach and bowels is a common cause of disease in children. If a child at the breast be repeatedly attacked with the gripes, and falls away, the diet ought to be changed from milk to one consisting of broths, beef tea, and light puddings; and to aid in preventing a return of the gripes, the child should be exercised well in the open air. In this case, it will be proper also for the mother to live chiefly upon animal food. If this should not be effectual, apply for medical assistance. In general, the use of spice in children's food is to be reprobated; and, in illness, the diet of all children should be as light as possible. In fever, drinks containing nourishment, such, as barley-water, toast water, thin tapioca, and rice-water, will be proper, taken cold in summer, and warm in winter. In obstinate purgings, children must have rice, arrow-root, and also hartshorn shavings boiled in beef tea, or beef tea thickened with baked flour, or sago and thick milk; and much good has been derived from putting a flannel roller round the body when the purging resists these means.

BATHING AND FRICTION

Are quite indispensable; not merely the hands and face but the whole body, using water of a temperature to suit the season, with a little *soap*; this should be done once or twice a week. And as they grow up, the habit of bathing with cold water daily, or as often as convenient should be taught them.

EXERCISE

Is as necessary for an infant as it is for an adult. Of course it must be gentle, and given in a manner that will not distort its form. The want of exercise is frequently the cause of rickets.

SLEEP.

Infants cannot sleep too long; and it is a favorable symptom when they enjoy a calm and long-continued rest, of which they should by no means be deprived, as this is the greatest support granted to them by nature. A child lives comparatively much faster than an adult; its blood flows more rapidly; and every stimulus operates more powerfully. Sleep promotes a more

calm and uniform circulation of the blood, and it facilitates assimilation of the nutriment received. The horizontal posture, likewise, is the most favorable to the growth and bodily development of the infant.

OF AIR.

It is indispensably requisite for children to bear, without inconvenience, the vicissitudes of the atmosphere. A free and continued exposure to the open air is of the utmost consequence to children's health; the sooner infants are taken into it, the faster they will thrive; in the open air they grow up strong, less subject to colds, disordered bowels, convulsions, and rickets; complaints so frequent among those children who are reared in nurseries. Not only the face, but the legs, thighs, and arms should be freely exposed to the air. Even in confined streets, in the populous districts of the metropolis, it is of infinite service to keep the children out of doors; and the poor should set open the bed-room windows and doors of their habitations. Those children who have been properly exposed to the air from birth, may be safely exercised in it, if healthy, at all seasons.

AWAKING SUDDENLY.

To awaken children from their sleep with a noise, or in an impetuous manner, is extremely injudicious and hurtful; nor is it proper to carry them from a dark room immediately into a glaring light, against a dazzling wall; for the sudden impression of light debilitates the organs of vision, and lays the foundation of weak eyes, from early infancy.

RESTLESSNESS AT NIGHT.

An infant is sometimes very restless at night, and it is generally owing either to cramming him with a heavy supper, tight night clothes, or being over-heated by too many blankets. It may also proceed from putting him to sleep too early. He should be kept awake till the family are going to rest, and the house free from noise. Undressing and bathing will weary and dispose him for sleep, and the universal stillness will promote it. This habit and all others depend on attention at first. Accustom him to regular hours, and if he has a good sleep in the forenoon and afternoon, it will be easy to keep him brisk all the evening. It is right to offer him drink when a young infant and more solid, though simple food, when he is going to bed,

after he is two or three months old, but do not force him to receive it; and never let any thing but the prescription of a physician in sickness, tempt the nurse to give him wine, spirits, or any drug to make him sleep. Milk and water, whey, or thin gruel, is the only fit liquor for little ones, even when they can run about. The more simple and light their diet and drink, the more they will thrive. Such food will keep the body regular, and they cannot be long well if that essential point is neglected.

DENTITION OR TEETHING.

The time of teething is a most important period of the infant state, and subjects it to manifold complaints and dangers, more especially in the present sedentary mode of rearing children.

This period usually commences between the fifth and tenth months, and the process of the first teething commonly continues to the sixteenth at the least, and sometimes much longer. It almost invariably begins with the incisors, or front teeth of the lower jaw. Usually two of these are cut, and then the corresponding ones in the upper jaw. After two teeth in each jaw have appeared, it is, in some instances, a considerable time before the contiguous ones come out; but now then six or eight are cut in hasty succession. The incisors are succeeded by the four molars, or grinders; then the canine, and the last of all of an infant's first teeth; making in all sixteen. In children who are strong and healthy, this process goes on pretty much as above described, and the teeth are cut both easily and soon; but in unhealthy and weakly infants, the process is slow and uncertain.

Dentition is commonly preceded and accompanied with various symptoms: the child drivels; the gums swell, spread, and become hot; there is often a circumscribed redness in the cheeks, and eruptions on the skin, especially on the face and scalp; a looseness; gripings; stools, green, or pale, or otherwise discolored; watchings, startings in the sleep, and spasms of particular parts; a diminution, or increased secretion of the urine, which is often of an unnatural color; in almost all cases the child shrieks often, and thrusts its fingers into its mouth.

EDUCATION.

We cannot too earnestly reprobate the practice of sending children under five years to school; and, indeed, we think that what little education they require, before seven or eight years

old, might far better be acquired at home from their mothers. Little more is necessary at first, than to impart ideas through their senses, orally and by pictures; afterwards teach them to read, and thus teach them simple facts, moral precepts, &c. Is there a mother in the land who could not do this much, with the aid of good elementary books every where at hand? We are certain that every right-minded mother who would thus, for an hour a day, descend to the infantile capacity, and in an affectionate and familiar way make the duty one of pleasure to both, would reap a harvest of affection a thousand fold in after life. Why is it that so many parents in their age and infirmity are neglected, often spurned and maltreated by their children? The causes reach back to childhood. They never *properly* governed them; never secured their veneration, confidence, and love; never made friends and companions of them; heart never answered to heart; because they only fed and clothed them, boxed their ears for trifles, thrashed them angrily for their faults; estranged their young hearts by sending them to school, too often to unfit teachers, to harden their hearts, form bad associations, and acquire vile habits.

The physical evils of overtaking the brain in childhood are very great; and, in short, often undermine the constitution, and make feeble men and women. There are illustrious instances of men whose minds were quite uncultivated till grown up; but they had vigorous constitutions; their brains and nervous systems were sound, and one year's study then, was worth a dozen before.

An infant school is an abomination, a hot-bed of precocity, the fruit of which is too often an impaired constitution and a dull mind.

MEDICAL TREATMENT OF CHILDREN.

TEETHING.

This is a period of great importance and anxiety. The symptoms attending it are too well known to need remark here. In the treatment of difficult teething, the successful management of the process mainly depending on preserving a free state of the bowels. This must never be lost sight of; and it is surprising how great and perfect a change will often be wrought in the case of fever, convulsions, and other alarming symptoms arising

from teething, by procuring an open belly, and improving the secretions by the use of minute doses of some gentle cathartic, such as the Children's Panacea. Whenever, therefore, the teething of a child is difficult or painful, give immediately a little of Panacea, so that the bowels may be freely moved every day; which add great attention to diet, which should be very plain, smaller in quantity than usual, and of the most digestible kind, with plenty of pure air and exercise. Some persons give the child hard substances to bite upon at this period; but it is better to have them bite something that is yielding to the pressure; the gums frequently become callous by biting hard substances.

CONVULSIONS.

These are frequently attendant upon teething. To prevent them keep the bowels gently open; to cure them bathe the child with tepid water; be careful, also, to see that the dress is not tight, and pay any thing about its person to prevent the free circulation of blood. The Panacea will be found of great use in this complaint.

DIARRHOEA.

A dose of the Panacea sufficient to produce purging should be given every day, until the color of the stools improves, and the general indications are better. If the pains are very great, administer some warm tea, made of almost any kind of mint. This disorder should not be trifled with; and if it do not yield readily to the treatment—see page 84.

GRIPING AND FLATULENCY.

These are known by much crying, restlessness, and drawing up of the legs. It is sometimes attended by diarrhoea and green stools. The bowels should be evacuated freely by doses of the Panacea every other day.

INFANTILE JAUNDICE.

This is sometimes called the "Yellow Gum;" though not properly so. It is known by a yellow tinge of the skin, with languor, and a tendency to sleep. It will be relieved by using the Panacea a few days, as follows: a moderate purge every other day, and a small dose on the alternate days.

WORMS.—(See page 89.)

CROUP.

This is a disease which must be attended to at once. The moment you hear a shrill ringing sound in the cough of the child, (as if it came from a brazen tube,) be up and doing; be it day or night. A brisk emetic should be immediately given, so as to free the windpipe of the morbid lymph which is there secreted. Then give a purging dose of the Panacea. The child will then need no further medicines, unless some other complaint supervenes. (See page 115.)

MEASLES.

This disease is well known. Ordinarily nothing will be necessary but a mild purge every other day, by the use of the Panacea, and giving freely of saffron tea. (See page 135.)

CANKER IN THE MOUTH.

It makes its appearance by little ulcerations in the mouth, tongue, etc., of a white, and sometimes yellow color. Doses of the Panacea every other day, according to age, will soon cure it. Alum, melted and powdered, may be applied to the canker spots.

RINGWORM AND SCALD HEAD.

To render a cure certain and permanent, the general health should be attended to, by giving occasional doses of the Panacea, say three times a week. (See page 140.)

CUTANEOUS ERUPTIONS.

These are generally known by the names of redgum, nettle-rash, etc. The bowels should be kept gently open by suitable doses of the Panacea. Be careful to guard against taking cold, as it might drive the eruption inward. Particular attention should be paid to cleanliness and diet. (See page 141.)

FALLING DOWN OF THE FUNDAMENT.

This happens frequently to children who cry much, and from other causes. If the child be costive, give moderate doses of the Panacea. If the gut be swelled or inflamed, foment with warm milk. Support the protruded part by a bandage. A permanent cure can be expected only from a course which shall strengthen and correct the system generally. To this end give a dose of the Panacea every other day, and pay much attention to the general health, cleanliness, bathing, etc.

RICKETS

This dreadful disorder affects the bones of children, causing distortion, incurvation, or protuberance. It is usually the result of want of care of the child's health; keeping it too long in an unnatural position, etc. Uncleanliness may cause it; so may a costive or a relaxed habit. It usually appears about the eighth or ninth month. It is a disease which depends so very much upon the general health that mothers cannot overrate the importance of care and watchfulness. The diet of children thus afflicted should be light and nourishing; exercise and fresh air are important; indeed, every thing that will conduce to bodily health. It is of the first importance that the pores be kept free by frequent, indeed, daily ablutions. The Panacea should be given, say twice a week, according to the table of doses on the bottle, or a single dose daily. The Sarsaparilla Compound should also be used, to change the secretions.

MARASMUS, OR WASTING OF THE BODY.

Examine all parts of the body, and if the disease spring from any particular organ found to be affected, treat it accordingly; but if no perceptible cause can be discovered, treat it as directed under the head of Rickets above.

GENERAL ILL HEALTH.

Under this head may be ranked all those difficulties which are called Chronic. By the use of the Panacea in doses to purge moderately, say twice a week, with small doses each morning, will almost always restore the child to perfect health. Attention should at the same time be paid to cleanliness and diet, the latter nourishing and plentiful.

ACCIDENTS AND THEIR TREATMENT.

Accidents frequently prove fatal, merely because proper preventive means are not employed. No person, indeed, ought to be looked upon as killed by a fall, a blow, or the like, though apparently deprived of life. In all such cases, the first thing to be done is to ascertain the cause, the nature, and extent of the evil; particularly whether the important organs of the stomach,

the lungs, the brain, the heart, or any large blood-vessel, be fatally injured. The following details will, we hope, be found useful.

DROWNING.

When a person has remained under water for fifteen, twenty, or more minutes, he is suffocated for want of air, and the face appears swelled, and of a livid purple, from the stoppage of the blood in the veins.

In rare instances, recovery has been effected after longer submersion than twenty minutes. The heat of the body, and the clearness and motion of the pupils of the eyes, are the chief symptoms of life. As death does not ensue from water rushing into the windpipe and lungs, according to vulgar opinion, but from the want of air, it is most absurd to hang up the body by the heels, as is often ignorantly done, to let water run out; for little or no water is swallowed in drowning. And on no account permit the barbarous practice of rolling a body on a barrel—an expedient of itself sufficient to kill a healthy man.

Treatment.—As in poisons, so in cases of suspended animation, what is necessary to be done, should be done quickly. Therefore, on the first alarm of any person being drowned or suffocated, while search is being made for the body, or it is being conveyed to the nearest house, the following articles should be got in readiness: blankets, small pieces of flannel, heated bricks, bottles for hot water, hot wood ashes and a pair of bellows. Some of these articles can always be procured. In carrying the body to the house, keep it in a perfectly horizontal position, or the head may be slightly raised. Should the head be raised too much, the chin and its muscles will press upon the windpipe and prevent any action therein; or should the head be thrown back, the same results will take place, with the addition of the skin of the throat tightening over and compressing it.

The body should be stripped immediately on its being taken from the water, and well dried; it should then be wrapped in blankets or any spare clothes of the bystanders, and conveyed as quickly as possible to the nearest house without jolting. When arrived at the house, not more than six athletic, *willing* individuals should be present; more than these tend to confuse, embarrass, and by their breath contaminate the atmosphere of the room, which it is of importance should be as pure as possible. The body being placed on a mattress or several blankets,

the six attendants should divide in three pairs—the first to attend to the artificial breathing, the second pair to the friction of the body, and the application of warm bricks, bottles of hot water, warm flannels, or of bags of hot ashes; and the third to attend and see that these are faithfully and quickly done. On no consideration should any kind of spirits be used to rub the body; from its quick evaporation it carries off the heat instead of retaining it, hence counteracting the effects of friction. While the two are rubbing the body, and having applied warm ash bags, bladders or bottles of warm water to the arm pits, between the thighs, and warm bricks to the soles of the feet, no time should be lost in attempting to restore the functions of the heart and lungs. This should be done by forcing air from a bellows through one nostril—the other nostril and the mouth being closed—it would be as well to draw up the tongue between the teeth, so that its weight press not on the opening of the wind-pipe, and the air be thus forced into the stomach instead of the lungs. While pumping the air in thus, the ribs should be firmly pressed down, and let rise of themselves suddenly. If the air injected into the lungs prevent the chest sinking, then gentle pressure on the chest, causing artificial rising and falling of the chest, is to be constantly proceeded with. This alternate inflation and compression should be continued some time, so as to imitate natural respiration.

Frictions with warm flannels, ought to be going on the while, and stimulating vapors may be applied to the nose. Warm injections (a tea-spoonful each) of salt and mustard, and a gill of brandy and a pint of water, may be thrown up into the bowels, and warm spiced wine got into the stomach, by means of a flexible pipe and syringe; but this is not to be attempted without such assistance, till the patient can swallow.

A slight agitation of the body, every five or ten minutes, will act as a great auxiliary to these means, and give an opportunity to clear the mouth and throat of the frothy mucous constantly coming up.

Recovery.—The first signs of returning animation, are sighing, gasping, convulsive twitchings of the limbs, and slight pulsation of the heart. When these symptoms appear, the efforts, instead of being remitted, should be redoubled, for four or five hours, since all danger is not yet passed; many having perished from neglect, in the after-treatment. These favorable appearances ought, therefore, to be encouraged, by giving, occasion-

ally, as the person will now be capable of swallowing, a spoonful of wine. The sufferer should also be placed in a warm bed, and if very young, may be placed between two healthy persons, and should enjoy the greatest tranquility.

HANGING AND STRANGULATION.

The face of a strangled person is black or lived, the eye-balls project, and the nostrils are widened, contrary to what occurs in natural death. The dark hue of the face is owing to the circulation of the blood being stopped by the pressure of the rope round the neck. But it is the stopping of breathing, that we are to regard as the immediate cause of death, in hanging, as well as in drowning.

Treatment.—After the rope has been removed, the same means are used as in drowning; only, although rubbing is proper, there is no occasion for heating the body. If the neck be broke, of course, no effort will avail.

SUFFOCATION, OR CHOKING FROM BREATHING CERTAIN GASES.

The sorts of gas which cause suffocation when breathed, are nitrogen or azote, carbonic acid gas, hydrogen gas, and chlorine.

Carbonic acid gas is the most common cause. It is met with in rooms where charcoal has been burned, and at the bottom of large vats, which have stood empty for some time; of wells, and of many natural caverns. It is destitute of smell, and being heavier than common air, falls to the bottom. When carbonic acid is pure, its deleterious effects are almost instantaneons.

Hydrogen gas is met with in coal and metal mines; and there, like the former, when pure, is destitute of smell; and is not so rapid in its effects, inducing a kind of pleasing stupor, and tendency to sleep.

A very dangerous state may be brought on, by breathing the air of a close room, deteriorated by a great number of persons breathing it, increasing the carbonic acid gas.

Symptoms.—The symptoms of suffocation from these gases are headache, confusion of vision, ringing in the ears, difficulty of respiration, palpitations and insensibility, as if the nervous energy were completely extinct. In general, the face is pale, and not unfrequently convulsions ensue. If the person be plethoric, apoplexy may be induced.

Treatment.—A person in a state of suffocation, from any of

these causes, ought to be removed, in the first place, into the open air; and his clothes being taken off, he should be placed on his back and his head somewhat elevated. The coldness of the atmosphere, even in winter, ought to form no obstacle, nothing being more pernicious, in such a case, than placing the patient on a warm bed, in a warm room. If the patient can swallow cold acidulated liquids, such as vinegar and water, or lemonade, they should be plentifully given. The face is to be bathed with vinegar, and the whole body is to be sponged with vinegar and water, and rubbed with cloths dipped in any spirituous liquid. Rubbing with the flesh-brush may afterwards be employed. Aromatic vinegar, or any strong-smelling stimulant, may be held under the nose. But the most important part of the process is inflation of the lungs, as directed in cases of drowning.

When symptoms of recovery make their appearance, the person is to be placed in a warm bed, the windows of the room being opened. A spoonful of good wine may be given from time to time.

EXPOSURE TO INTENSE COLD.

Exposure to great degrees of cold brings on an irresistible desire to go to sleep; but as this arises from the incipient freezing of the blood, if it be indulged in, it will most probably end in the sleep of death.

Treatment.—The great object ought to be the restoration of the body to its natural heat. If this be attempted by the *sudden and immediate application of warmth, the destruction of the patient will be the certain consequence*; but if it is done gradually, raising the temperature by degrees, the objects desired may be attained with very trifling inconvenience. It is best to commence with rubbing the body with ice-water or snow. This may be succeeded by water of the usual temperature, gradually and slowly raising it till it reaches the natural heat of the body. If convenient, immersion in sea-water or salt-water is to be preferred, the same caution being used in raising its temperature. When the breathing is apparently gone, blow into the lungs as in drowning.

After the body has been thus gradually restored to its natural heat, it is to be conveyed to bed, in a moderately warm room, and to be rubbed either with the flesh-brush, or, what is better, with the warm hand, several being engaged in this operation at the same time.

DRUNKENNESS.

When a person is intoxicated so far as to have become insensible, he should be placed in a large room, to which the air is freely admitted, and should be allowed to remain in a lying position, with his head to one side, to favor vomiting, which should be excited by tickling the back part of the throat with a feather, or, if that fail, by an active emetic. This should be succeeded by an injection of common salt. If the nausea and vomiting continue after the stomach is evacuated, effervescing draughts of soda, or seidlitz water should be employed.

To remove the stupor, if the feet and hands be warm, cold water may be dashed on the face; and applied freely to the head by means of cloths, when the insensibility and lethargy are great, and do not go off but rather increase. If, however, the feet or hands feel cold, or the teeth be clenched, there is considerable danger; and every means must be taken to induce warmth, similar to the treatment recommended in cases of drowning.

POISONING.

As most poisons, when taken in any quantity, are either speedily fatal, or produce derangements out of the reach of cure, often before medical assistance can be obtained, a few plain directions become consequently very important in a work like the present. The stomach pump is certainly the most ready and most effectual means of remedy, when it is at hand, though it is not every one that can use it; but when a stomach pump cannot be procured, recourse may be had to other measures. Nothing can be effectually tried, however, unless the sort of poison which has been taken be first ascertained, and this unfortunately cannot always be done. It will be convenient to arrange poisons according to their effects in producing mortification, in acting through, or in affecting, the brain and nerves.

POISONS PRODUCING MORTIFICATION.

Poisons of this class act by destroying the lining membrane of the stomach and bowels, in a similar manner as the skin may

be destroyed by caustic or a hot iron; and when the other coat of the stomach has been thus injured, mortification comes on, and soon ends in death.

Names of these Poisons.—Oxalic acid, sulphuric acid, or oil of vitriol, nitric acid or aquafortis, hydrochloric acid or spirit of salt; ammonia or hartshorn, potassa, soda; nitrate of silver or lunar caustic, verdigris, corrosive sublimate, gamboge, croton oil, and cantharides.

Symptoms from the four Acids.—Acrid burning taste, acute pain in the throat, stomach and bowels; frequent vomiting of bloody fluid, which effervesces with chalk; copious stools, more or less bloody; difficult breathing; irregular pulse; excessive thirst, drink increasing the pain, and seldom staying down; frequent but vain efforts to make water; cold sweats, altered countenance, convulsions, and death.

Treatment.—Mix an ounce of calcined magnesia with a quart of water, and give a glassful every two minutes. Soap, or chalk and water, may be used till magnesia can be procured. Chalk with water is preferable to magnesia, if oxalic acid has been taken. Vomiting is to be excited by tickling the throat; and gruel or slippery elm tea to be taken after the poison is got rid of: the return to solid food must be very gradual.

Symptoms from the Alkalies.—The taste acrid, urinous and caustic; great heat in the throat; nausea, and vomiting of bloody matter, which effervesces with acids; copious stools, acute pain of the stomach, colic, convulsions, derangement, and death.

Treatment.—Vinegar and other vegetable acids must be given largely to neutralize the poison.

Symptoms from Verdigris, Lunar Caustic, and Corrosive Sublimate.—Taste acrid and metallic; tongue dry and parched; tightening or burning pain of the throat; metallic belchings; severe vomitings, or fruitless efforts to vomit; dragging at the stomach, dreadful cholic, frequent black bloody stools, with straining; pulse quick, small, and hard; faintings, great debility, difficult breathing, cramp, cold sweats, intense headache, giddiness, insensibility, convulsions, and death.

Treatment.—Whites of eggs must be mixed with water, and one given every two or three minutes to prevent vomiting, and to lessen the virulence of the poison. Milk, in large quantities, gum-water, or linseed-tea, sugar and water, or water itself, at about eighty degrees of heat, given.

For lunar caustic a table-spoonful of common salt must be dissolved in a pint of water, and a wine-glassful taken every two minutes, to decompose the poison; after which, mucilaginous drinks may be given, or purgatives may be administered.

Symptoms from Gamboge, Croton Oil, and Cantharides.—The effects of these, and also of monkshood, mezereon, and buttercup, are nearly the same, namely, nauseous odour of the breath, acrid taste, burning heat in the throat, stomach, and belly; frequent vomitings, often bloody, with copious bloody stools; excruciating pain in the stomach; heat in the bladder, and stranguary or retention of urine; frightful convulsions, delirium, and death.

Treatment.—Vomiting must be excited by drinking sugar and water, milk, or linseed-tea very freely. Emollient injections should be administered.

POISONS ENTERING INTO AND ACTING THROUGH THE BLOOD.

Poisons of this class do not produce deleterious consequences unless they are introduced into the blood, and then they affect the heart, the brain, and the organs of digestion.

Names of these Poisons.—Arsenic, prussic acid, poisonous reptiles, poisonous fish, bite of a mad-dog, opium, hellebore, henbane, hemlock, tobacco, and most of the vegetable poisons.

Symptoms from Arsenic.—A rough taste in the mouth, fetid breath, slaverling, tightness of the throat; hiccup, nausea, and vomiting of brown or bloody matter; anxiety and faintings, heat and violent pain at the pit of the stomach, stools black and offensive; pulse small, frequent, and irregular; palpitations; great thirst and burning heat; breathing-difficult; urine scanty, red, and bloody; delirium, convulsions of an epileptic character, and death.

Treatment.—Vomiting must be excited or encouraged by large draughts of sugared-tea, linseed-tea, or other emollient fluids. Lime-water, or chalk and water, may be drank freely if the arsenic has been taken in a liquid form. Inflammatory symptoms are to be combated by fomentations, and frequent emollient clysters, as the symptoms may demand.

Prussic Acid, termed Hydrocyanic Acid.—Prussic acid has a strong odour of bitter almonds, and is contained in almonds, cherry-stones, peach kernels, and laurel and bay-leaves. It is the most violent of poisons, producing almost instant death, when applied even in small quantities to the surface of the body.

Treatment.—If prussic acid has been taken, emetics, such as a scruple of sulphate of zinc, mixed with a little molasses, are to be given with as little delay as possible; and after their operation, spirits of turpentine, hartshorn, brandy, in large quantities, and other stimulants, capable of rousing the system, should be perseveringly employed, with warmth, friction, and strong mustard plasters, to the soles of the feet and the pit of the stomach.

BITE OF A SERPENT.

Symptoms.—A sharp pain is felt in the wounded part, which soon extends over the limb or body; great swelling, at first hard and pale, then reddish, livid, and mortified in appearance; faintings, vomitings, and convulsions; pulse small, frequent, and irregular; breathing difficult; cold sweats, followed by disturbance of the intellectual faculties; the sight fails, and the intellectual faculties are deranged; inflammation, and often extensive suppuration and mortification, terminate in death.

Treatment.—The first thing is to apply a pretty tight bandage; wash well with warm water, and as speedily as possible apply a cupping glass, or in the absence of such, take a small tumbler, and holding it close to the wound, drop into it a very small lock of loose cotton, ignited; this expels the air, in a moment, then put it over the wound, and let it bleed freely, changing the cups as they fill. After this, apply caustic two or three times a day, and bruise the common plantain leaves, and apply the juice to the wound, and afterwards apply a poultice made of a strong decoction of the plantain and ground slippery elm bark, with a little sweet oil and salt; use this a day or two, and heal up with the Green Mountain Ointment.

The patient should from the first drink freely of hot spirits and water. His body should be bathed with warm lye water, and a free perspiration established; let him be purged freely with the Vegetable Pills. The poison must be thus diluted and expelled by every avenue.

POISONOUS FISH.

Symptoms.—At the short interval of an hour or two, and often in much less time, after eating stale fish, a sense of weight at the stomach comes on with slight giddiness and headache, heat about the head and eyes, and considerable thirst; often an eruption of the skin (termed nettle rash,) and in some cases death has happened.

Treatment.—An emetic should be speedily given, or vomiting may be excited by tickling the throat with the finger, and taking large draughts of warm water. After full vomiting, a large dose of the Vegetable Pills should be given, to remove any of the noxious matter that may have found its way into the intestines. Vinegar and water may be drank after the above remedies have operated, and the body may be sponged with the same. Water made sweet with sugar, to which ether may be added, may be drank freely. If spasms ensue, laudanum in considerable doses is necessary.

BITE OF A MAD DOG.

Symptoms.—At an uncertain interval after the bite of a dog, a cat, or any other rabid animal, between the 20th day and the third or fourth months, pain or uneasiness occurs in the bitten part, though the wound may have been long healed. Anxiety, uneasiness, languor, spasms, horror, disturbed sleep, and difficult breathing succeed, and are soon very much increased; violent convulsions affect the whole body, hideously distorting the muscles of the face; the eyes are red and protruded, the tongue swells, and often hangs out, and clammy saliva flows from the mouth; there is pain in the stomach, with bilious vomitings, a horror of fluids; all becoming worse till the sufferer is relieved by death.

Treatment.—It is doubtful if hydrophobia has ever been cured, and almost every remedial agent has been tried without success. The bitten part should be completely cut out, and carefully washed with hartshorn, and as speedily as possible a cup or large tumbler applied over the wound, drawing blood freely, as in the bite of snakes; afterwards use caustic, and apply a thick plaster of Green Mountain Ointment, renewing the ointment every six hours. Wash the whole body frequently with warm lye water, and induce a free perspiration. Some diuretic medicine may also be given, and the bowels purged daily with the Vegetable Pills. In short, all the outlets of the body should be speedily opened to eliminate the poison.

VEGETABLE POISONS.—HEMLOCK, LAUDANUM, NIGHT-SHADE, &c.

Symptoms.—The common effects of narcotic poisons are stupor, numbness, heaviness in the head, inclination to vomit—slight at first, but afterwards insupportable; a sort of intoxica-

tion, a stupid air, the pupil of the eye dilated, furious or lively delirium, sometimes pain, spasms, or palsy of the limbs; the pulse variable, but at first generally strong and full; the breathing quick, and great anxiety and dejection, which, if not speedily removed, soon ends in death.

Treatment.—The principal object in the treatment of persons under the influence of narcotic poisons, is to rouse the sensibility, so as to render the stomach alive to the irritation of emetics, and the action of other stimulants. Late experience has proved that this is best effected by repeatedly dashing cold water over the head and neck, whilst the rest of the body is kept dry and warm. Applying hartshorn (Liquor ammonia) to the nostrils by means of a feather, introducing a drop or two of it into each eye, and the application of a mustard plaster over the stomach, have been attended with good effects. Four or five grains of tartar emetic, or from ten to twenty of the sulphate of zinc, should be got into the stomach every quarter of an hour, and vomiting assisted by irritating the throat with the finger; active purgatives may be given after the vomiting has ceased. When as much as possible of the poison has been expelled, the patient may drink, alternately, a tea-cupful of strong hot coffee, or vinegar diluted with water. If the heat of the body declines, warmth and frictions must be perseveringly used. Vegetable acids are on no account to be given before the poison is expelled, and it is desirable that but little fluid of any kind should be given.

POISONOUS MUSHROOMS AND KETCHUP.

Symptoms.—Nausea, heat, and pain in the stomach and bowels, with vomiting and purging; thirst, convulsions, faintings; pulse small and frequent; delirium, dilated pupil and stupor, cold sweats, and often death.

Treatment.—The stomach and bowels must first be cleared by a vomit of emetic tartar, followed by frequent doses of Glauber's or Epsom salts, and large stimulating injections. After the poison is evacuated, ether may be given with small quantities of brandy and water, but if inflammatory symptoms come on, these should be omitted.

POISONS WHICH AFFECT THE NERVES.

Poisons of this class act chiefly upon the nerves, and, through the nerves, upon the brain. The chief of these are tobacco, ardent spirits, essential oil of almonds, croton oil, camphor, opium, laudanum, and lead.

Symptoms from Lead.—When lead in the form of sugar of lead, red lead, or the leading of earthenware, is taken, it produces an astringent metallic taste; tightening of the throat; pain in the region of the stomach, obstinate, painful, and often bloody vomitings; hiccup, convulsions, and death. When taken in small, long-continued doses, it produces painter's cholic, distressing costiveness, and paralytic symptoms.

Treatment.—Glauber's or Epsom salts, dissolved in a good deal of water, with twenty or thirty drops of elixir of vitriol, should be taken freely; and the Vegetable Pills or castor oil, to clear the bowels, assisted by frequent emollient clysters. The warm bath should not be omitted.

Symptoms from Tobacco.—Great nausea, and prostration of strength, universal tremor, violent vomiting and headache, cold sweats, convulsions, fainting, and death.

Treatment.—Evacuate the stomach, if the poison have been swallowed, by an emetic, and then give castor oil or the Vegetable Pills; vegetable acids, such as vinegar and lemon-juice, may then be advantageous; but if the patient is very low, strong stimulants, such as brandy and camphor, cold water dashed over the body, and mustard poultices to the soles of the feet, may be tried.

INJURIES TO THE SKIN.

BURNS AND SCALDS.

Accidents from fire or hot water are so frequent, so sudden, and often so dangerous or injurious, that it is important for every body to know something of the treatment. There are various plans followed by medical men of different opinions; one recommending cold, another hot, and a third, oily applications; each has advantages and disadvantages.

Treatment.—Our particular treatment may be briefly stated as follows.—Immediately on the occurrence of an accident of this kind, apply a plaster of either the Green Mountain Ointment or Libby's Pile Ointment, large enough to cover the burnt surface, and renew the dressing every six hours, as long as the necessity exists. The simple operation of these ointments is to prevent inflammation, exclude the air, and by their healing properties to place the injured part in the most favorable circumstances for restoration, as soon as it can be done by the great recuperative

powers of Nature. If the application be made immediately, the healing process is very speedy, attended with little or no pain ; and lastly, unless the burn be very large and deep, no scar will be left—considerations of unspeakable importance. No other treatment is necessary, no matter how extensive or severe the burn. We have seen the truth of what we now say, verified in innumerable cases. We have seen persons who were in most agonizing pain from burns, wounds, sprains, sores, &c., by an application of either of these ointments, entirely relieved in the course of an hour or two. The advantages of having articles of this kind always at hand is evident, for accidents, such as the above, are of almost daily occurrence in every family, and often leave scars, which, with the distress, might be entirely avoided.

As our Ointments may not always be at hand, we recommend either of the following :—Make a poultice of ground slippery elm bark, with milk and sweet oil ; or sheath the part with sweet oil, laying on cotton saturated with the oil on the side next the burn ; another is to bathe the burn with a mixture of equal parts of linseed oil and lime-water ; the patient being kept on a low diet, and mild purgatives given. While in minor burns, snow, cold water, scraped potatoes, brine, molasses, mud, and the like, have their admirers.

The great danger in extensive burns is inflammation of the mucous membrane of the stomach and bowels, causing diarrhoea, &c., unless counteracted by suitable external applications ; and nothing can be found more safe, speedy, efficient and cheap, than the ointments referred to above.

EXCORIATIONS, AND CHAFING.

When the skin is galled by riding, or, in infancy, by inattention to cleanliness, bathe it with warm water, to cleanse it, and afterwards apply a plaster of Green Mountain Ointment.

CUTS AND WOUNDS.

When the skin is injured by cutting or piercing, all rust, splinters of wood, and the like, should be washed out ; and if the bleeding does not stop of its own accord, it may be necessary to bathe the part with cold water. What is of most importance, is bringing the edges of the wound nicely together, and keep them so, by slips of sticking-plaster, and a bandage. In slight cuts, this mode will cause them to close in forty-eight hours, or less.

The first dressing ought to continue on for at least two days ; after which it may be removed, and a plaster of Green Mountain Ointment applied ; and renew the ointment every twelve or twenty-four hours till it be quite healed ; and if fungus, or proud flesh, should rise in the wound, it may be checked by sprinkling on it a little burnt alum.

These injuries are often slight, and should heal immediately, without any application, but they frequently become inflamed, painful, and obstinate ; this arises generally from an impure state of the blood. Nature seizes with avidity such opportunities to discharge impurities. In such cases the body should be purged pretty freely, every day or two, for a few times, with the Vegetable Pills, and an alterative action kept up by taking one every morning for some time afterwards ; or a course of the Sarsaparilla Compound may be taken.

When a wound penetrates into the breast or the bowels, or where any large blood-vessel is cut, a surgeon ought to be immediately called, otherwise the patient may lose his life. But if the discharge of blood is so great, that if it be not stopped the patient may die even before a surgeon can arrive, if the wound be in any of the limbs, the bleeding may generally be stopped, by applying a tight bandage a little above the wound ; such as a strong broad garter, or a silk handkerchief, slack enough to admit easily a small piece of stick to be put under it, which must be twisted till the bleeding stops.

BLOWS, BRUISES, AND CONTUSIONS.

Bruises are often productive of worse consequences than cuts or wounds. Apply immediately, a plaster of either of our Ointments, sufficiently large to cover a little more than the bruised surface, and add fresh ointment every twelve hours ; this will prevent inflammation and pain, and induce a speedy restoration. The common remedy is to bathe the part with warm vinegar and spirits, and keep cloths wet with the same constantly applied to it, or apply slippery elm poultices.

When a bruise is very violent, the patient ought immediately to be put upon a proper regimen. His bowels should be kept open by the Vegetable Pills, his food should be light and cool, and his drink weak, as whey sweetened with honey, decoctions of tamarinds, barley water, cream of tartar, and the like. The bruised part must be treated with the Ointment, as above directed ; or bathed with spirits, or vinegar and water, and a poultice.

tice of slippery elm, or one made by boiling crumbs of bread, elder-flowers, and camomile-flowers, in equal quantities of vinegar and water, applied to it; and to be renewed two or three times a day. Sometimes a few leeches will be of great service to remove stagnant blood.

As the structure of the vessels is totally destroyed by a violent bruise, there often ensues a great loss of substance, which produces an ulcerous sore, very difficult to cure. If the bone be affected, the sore will not heal before the diseased part of the bone separates, and comes out through the wound. This is often a very slow operation, and may even require several years to be completed. Hence it happens, that these sores are frequently mistaken for scrofula, white swelling, &c., and treated as such, though, in fact, they proceed solely from the injury which the solid parts received from the blow.

In all such cases a persevering use of the Green Mountain Ointment, or Libby's Pile Ointment, will surely cure; and under no circumstances should amputation, too often unnecessarily resorted to, be permitted, until these Ointments have been faithfully tried. We may also remark, that often when amputation has been done, the stump will not heal, for the same reason that the sore, or bruise, would not. We applied the Ointment to an amputated arm under such circumstances, and healed it immediately, and could have saved the poor man's arm had we been called sooner.

PARTS FROST-BITTEN.

Frost-bite is in some measure similar to a bad bruise. On exposure to freezing cold, a part often becomes literally frozen, and the circulation and feeling are destroyed. When a limb in such a state is suddenly brought near a fire, the certain consequence is a slow inflammation, ending in almost immediate mortification. To prevent, therefore, all sudden increase of temperature, the limb should be plunged in ice water, or rubbed with snow. Then gradually, by almost imperceptible degrees, the heat may be raised till it reach the natural warmth of the blood. The person should be laid in a room without a fire, and should be covered with no more than his usual allowance of bed-clothes; nor ought any thing heating or stimulant to be administered internally, but the system allowed gradually to recover.

When the hands or feet are greatly benumbed with cold, they ought either to be put into cold water, or rubbed with snow, till

they recover their natural warmth. Every person must have observed when his hands were even but slightly affected with cold, that the best way to warm them was by washing them in cold water, and continuing to rub them well for some time.

CHILBLAINS.

Children and old people, or those who are weak and delicate at any age, particularly females, are most subject to chilblains, which arise from exposure to great cold. At first there is redness, swelling, a sense of tingling, intolerable itching, which is increased by heat. As it proceeds, the part becomes blue, and the painful itching excessive. Then little vesicles arise, burst, and leave the part sore and ulcerated, often eating deep into the flesh, and even to the bone; and in this stage the sores are extremely obstinate, and mortification may ensue.

To prevent chilblains, never run rashly to the fire when the hands or feet are very cold; nor expose the hands and feet suddenly to cold when they are warm and perspiring; as, in either case, chilblains will probably arise.

Treatment.—The Green Mountain Ointment is sovereign for chilblains; it should be rubbed on at night, and the part held near the fire, and afterwards a plaster applied. Continue this every night till a cure is effected; or take a quantity of alum, make a strong solution of it in cold water, and bathe them with it night and morning.

Wash.—Dissolve two drachms of acetate of lead, in half a pint of cold water; add a glass of good rum or brandy; mix, till it becomes of a uniform white; dip linen cloths in it, and apply them to the parts, renewing them frequently during the day.

SPRAINS.

Sprains are most common in the ankle and the wrist, the soft parts around the joint being stretched, and sinews sometimes, more or less, torn. The joint soon becomes swollen and tense, and the surface red, and warmer than natural. If it be neglected, or if the person be unhealthy, it may lay the foundation of white swelling.

Treatment.—Apply a plaster of Green Mountain or Pile Ointment immediately, and renew it in twelve or twenty-four hours if necessary; it will effectually prevent pain and inflammation, or speedily remove any which may have supervened. Or, in a recent sprain, inflammation may be partly prevented by a lotion,

composed of one part of spirit of wine, one of laudanum, and three of cold water. The part also may be supported with a moderately tight bandage, and perfect rest to the limb, in the horizontal position, should be allowed. But if inflammation does come on, then the bandage must be withdrawn; and in place of the above lotion, a warm one of sugar-of-lead water may be used. Let the diet be light and cool, keep quiet, and if the case is severe, a purge of Vegetable Pills will be very proper.

CORNS AND WARTS.

The best mode of preventing these troublesome visitants is to be a little unfashionable, and wear a comfortably large boot or shoe.

Treatment.—A small plaster of Green Mountain Ointment, changed every evening, and worn day and night, will cure almost all cases.

Corn Plaster.—Melt half an ounce each of gum ammoniac and beeswax, and when nearly cold, stir in a drachm and a half of verdigris. Pare the corn, and apply a plaster, spread on linen or leather, and wear it a fortnight.

WARTS.—Take a little yellow willow bark, burn it to ashes, and add a little strong vinegar, and wash several times a day. Or touch them frequently with juice of the milk-weed.

RUPTURES.

Causes and Symptoms.—In children, rupture may be occasioned by excessive crying, coughing, vomiting, or the like. In grown people, it is commonly the effect of blows, or violent exertions of the strength; as leaping, and carrying weights. In both, a relaxed habit, indolence, and an oily or very moist diet, dispose the body to rupture.

Treatment.—On the first appearance of a rupture in an infant, it ought to be laid upon its back, with its head very low. While in this posture, if the gut does not return of itself, it may easily be put up by gentle pressure. After it is returned, a piece of sticking plaster may be applied over the part, and a proper truss or bandage must be constantly worn for a considerable time. The child must, as far as possible, be kept from crying, and from all violent motion, till the rupture is quite healed.

In grown persons, when the gut has been forced down with great violence, or happens, from any cause, to be inflamed, it is often very difficult to return it, and sometimes quite impracticable

without a surgical operation. In ordinary cases the sufferer must be laid upon his back, with his head very low, and his lower extremities raised high with pillows. In this situation, flannel-cloths wrung out of warm water, must be applied for a considerable time. If this should not prove successful, recourse must be had to pressure. If the tumor be very hard, considerable force will be necessary; but it is not force alone which succeeds here. After the gut has been returned, a truss or bandage must be worn.

LIMBS PUT OUT OF JOINT, OR DISLOCATED.

Limbs when put out of joint are most easily managed the moment after the accident, before inflammation and swelling take place, and consequently often before a surgeon can be procured. The marks of a limb being really out of joint are a change in the form of the joint, a lengthening or shortening of the limb, and an incapability of motion. In detecting the accident, great assistance may be derived from comparing it with the joint of the opposite side.

Treatment.—The limb must be forcibly pulled to counteract the drawing of the muscles; the extending force is to be gradually increased, and is to be applied at first in the direction in which the bone may be displaced; but by degrees, it is to be brought to a line parallel with the centre axis of the socket. At the same time, some one is to endeavor to raise the head of the bone over the edge of the cavity.

BROKEN BONES.

If a person be found lying on the ground speechless, do not hastily endeavor to raise him, but first search whether any of the limbs are broken, lest in raising him the injury be increased by the ends of the broken bone being forced through the flesh and skin. If the thigh or leg be broken, attempt not to raise him till some mode has been provided of conveying him to his bed, remembering that being laid on a door or a shutter, and thus conveyed by two or four men, he will suffer much less injury than if conveyed on any kind of carriage. If the arm be broken in the upper part, let it be supported in a sling, with the palm of the hand turned to the body. If the person continues senseless, the head has probably received some serious injury, demanding great care in his removal, and the immediate attention of some experienced surgeon.

If after a blow, by a fall or otherwise, on the side, considerable pain is felt, and the breathing rendered difficult, it is almost certain one or more of the ribs is broken. Absolute rest will be demanded in this case, which very frequently terminates fatally from want of being treated from the first with that care it demands. Nothing is more frequent than to see persons, after an accident of this kind, exposed to the air, and even endeavoring to follow their usual occupations; whereas the most strict confinement to the house or bed ought in these cases to be adhered to.

Broken bones in young persons become united from the twenty-eighth to the thirtieth day; in adults, from the thirtieth to the thirty-fifth; and in the aged, from the thirty-fifth to the fortieth day.

INFLAMMATION OF THE EYES, &c.

For ordinary inflammation, soreness, weakness, dimness, and falling of the sight, &c., the Eye Lotion will be found the best possible remedy. In very severe cases of an obstinate or scrofulous nature, the Green Mountain Ointment should be applied, and the bowels purged once or twice a week by the Vegetable Pills—or an alterative, such as the Sarsaparilla, taken. Let the diet in such cases be unstimulating, and attend to bathing and exercise.

INFLAMMATION OF THE EAR, OR EAR-ACHE.

Ear-ache often arises from disordered digestion; in which case, wear a little cotton constantly in the ear, and strengthen the digestive organs. Sometimes it arises from an imprudent shortening of the hair in winter, exposure to cold, and it sometimes follows an eruptive disease, such as scarlet fever, improperly treated.

Treatment.—If the pain is very severe, we have found emetics, with purgatives, very serviceable. An emetic may be given, or a brisk purge of the Vegetable Pills; the feet should be bathed in warm water, and mustard plasters applied to the feet, and gentle perspiration promoted. Inflammation, wherever located, always has more or less of febrile symptoms connected with it, as heat or dryness of the skin, costiveness, and scanty urine, &c., and it is in vain to apply local applications till these general symptoms are attended to; and when this is done the local pains will yield.

The disease frequently becomes chronic, and ulceration takes place, with an almost constant discharge of very fetid matter. In such cases, keep the ear clean by injections of blood-warm water, impregnated with a little castile soap, night and morning, and use the following :—Take three drachms of ox-gall, and one drachm of balsam of peru: mix, and put a drop or two into the ear, with a little cotton. There will be occasional paroxysms, so to speak, which should be attended to as above indicated; but in general the bowels must be kept open by a dose of the Vegetable Pills, once or twice a week, and one pill a day. The Sarsaparilla Compound may also be used to purify or alter the secretions, and if there be any uterine or urinary derangements, the Catholicon will be necessary.

MANUAL OF HEALTH.

PART IV.

IN this part, according to our promise, we were to treat of the diseases of the West, and their prevention. But the truth is, we have been so diffuse generally on these points, in the division of our subject which the reader has just perused, that we find we have but little left to add in this place.

The introduction of the Graefenberg theory and medicines into the west, the south, and the south-west; and into all bilious countries, whether within or without the tropics, will mark a new era in the history of society. Henceforward the inhabitants of those regions will have the means of protection against many diseases now so much dreaded.

Bilious disorders are the great scourge of the western hemisphere. Go where we may, their sad effects are seen and felt. The brave and self-denying settler who presses his way to the west, to make the "wilderness bud and blossom as the rose," meets this dreadful evil. He is willing to work hard and endure every privation, thanks be to him; but in a little while he is seized with some form of bilious disease. His strength now is weakness. A cloud comes over his prospects, and he exclaims, "would that there were some medicine to prevent this dreadful evil, and to cure it when it does seize upon its victim!" From the moment of the landing of the Pilgrims of Plymouth to the present hour, bilious diseases have sent sorrow and desolation throughout the land. Let the graves of the loved and the lost tell the story!

A momentous question here comes up. Does the Supreme Ruler intend that the toiling sons of the west, men so willing to bear the heat and burden of the day, should of all others be

subject to so sad a calamity? It is not irreverent to say no—no—no! And why do we say no? Because there is no class of diseases that can be so certainly prevented and cured as those now spoken of.

This is the great fact to which the Graefenberg Company would call the attention of governors, clergymen, jurists, lawyers, medical men, philanthropists of every name and sect, husbands, fathers, wives and mothers, in the entire west. There is no reason why bilious disorders should not be forever banished from the west. The reader may not believe this: he may smile at the idea. But in these days of great discoveries why should not something be found which will control and cure diseases which are, in their nature, controllable and curable?

It is a well-known fact that the true nature of bilious disorders has been but partially understood. Here has been the great secret of the utter failure of nearly all the medical men and medicine-venders of the day. To break the chill seems to have been and to be their great aim in fever and ague; and to purge, drench, bleed, and mercurialize, in all the other forms of bilious fever. What have been the consequences? They are too well-known to need relating. Tens of thousands have died; multitudes have had their blood poisoned by mercury; scarcely any have been permanently cured.

The true theory is *prevention*, and in cases where it is in the system, to eradicate it thoroughly.

All these ends are surely attained by propagation and study of our doctrine, and the proper use of our inestimable medicines.

Let them be fairly tried throughout the great west, and the bilious taint which clings to the system almost like leprosy, will be eradicated. Health will be speedily restored; the sallow complexion will be made fresh and fair; strength and pleasurable sensations will return, and the next season will not find the grave yawning for the victims of the diseases referred to. We venture to say that if these remedies were furnished to every family in the United States at the expense of the general government, it would be the most economical and merciful expenditure ever made. Why? Because from every family all bilious tendencies would be banished! The west would no longer be dreaded. There would be no more sickly seasons! The inhabitants there would be as free from such complaints as those of the healthiest portions of New England.

MANUAL OF HEALTH.

PART V.

WHEN any member of a family is taken sick, it is exceedingly important that he be placed, as soon as possible, in a situation most favorable for recovery; and though we deprecate a special room set apart as an *hospital*, or of stripping his room of its accustomed furniture, or of making a great parade or preparation in his presence, as tending to alarm him, and produce a conviction that he must be dangerously sick; nevertheless, our work would be incomplete without some space being devoted to the requisites and appurtenances of the sick room, nursing, diet, and convalescence.

THE SICK ROOM.

The Room.—In every case of disease the apartment employed should be airy and well-ventilated; it is of importance that it have a chimney, and the fire-place kept open. The windows should be capable of being opened at the top, because heated and vitiated air rises and can thus escape, while the cool pure air enters by the lower sash being raised, and by the open doors. The most desirable room for the sick in summer, is one which has a northern aspect; and in all cases it should be situated in the second story, especially if the house have a cellar filled with a great variety of articles, vegetable, &c.

Furniture.—The room, besides its ordinary furniture, should be provided with a small table or stand, placed near the head of the bed for the patient's use, where his food or drink, &c., may be placed; another table may be desirable for general pur-

poses, though we cannot commend the usual practice of storing it with a great variety of medicines, &c., the sight of which must always be disheartening to the patient; let them be stored in a closet. A broad sofa is very desirable, on which the patient may recline while his bed is being made, or during convalescence, for a change; or an invalid's reclining chair, of that kind susceptible of various changes, so grateful to the weary limbs of the sufferer.

The room should be carpeted, for in fevers the patient's sense of hearing is often morbidly acute; and all kinds of noise about the house should be avoided; also talking, or even whispering, in the patient's room.

If there be a mirror, it should be so placed that the patient cannot see himself. Bed-curtains are not desirable, as they confine the air. The covering of the bed should be light; what are called "comfortables," made of cotton wadding, are the best. The linen should be frequently changed, especially in contagious diseases.

Apparatus, &c.—A half-covered cup, with a spout, is very desirable to administer food, drink, or fluid medicines; also, what is called a minim glass, to measure small quantities of fluid medicines with accuracy. A lamp termed a *night nurse*, being a tin cylinder of some four inches in diameter, by about double that in height, with a handle on one side, and provided with a suitable spirit lamp in the bottom; with a small tea kettle, a suitable cup, and other furniture, to boil or warm anything over the lamp. A suitable injection pipe is necessary; the new kind, so constructed that the patient sitting upon it, his weight forces the clyster fluid most effectually up the bowels, and sends the oily part, which always floats, in advance of the other, is the best.

Ventilation is always of great importance. The custom of almost hermetically sealing up the sick chamber is abominable, and dangerous to both patient and attendants. An eccentric old physician sometimes used to thrust his cane through a pane or two of glass in such cases, when argument seemed of no avail; this, however, was not always effectual, for he often found his air holes pasted over effectually with paper, on his next visit.

Fresh air is especially necessary in fevers, and more particularly in those of an infectious nature. We may remark here, that infection communicated through the air, does not usually extend above a few feet from the body of the patient, provided

the room be properly ventilated; and in the most malignant fevers, but a few yards. On the contrary, if ventilation be neglected, the power of the infection becomes greatly augmented from its concentration in confined air; it settles on the clothes of the attendants, on the furniture, on those things made of wool, fur, cotton, or substances of a loose or open texture, whereas polished surfaces do not readily receive or retain infectious matter; the nurses and attendants should, therefore, have glazed gowns, and aprons of oiled silk.

In all cases the attendants should sit or stand to the windward of the sick bed; nor should they lean over, or receive the breath of the patient. The health and vigor of the nurses should be supported by a generous diet, but not by brandy or ardent spirits.

Disinfectants.—Aromatic vinegar is excellent; it may occasionally be sprinkled over the floor, and poured upon a hot fire shovel. This will be found very agreeable and refreshing to both patient and attendants. Burning a bit of cotton rag, as large as the hand, is a common mode of disinfecting a room. Chloride of lime is a cheap and efficient disinfectant; wet a small quantity on a plate, and place it to the *leeward* of the patient, otherwise the gas is apt to excite coughing.

While on the subject, we may as well here state the best mode of disinfecting a sick room after death or convalescence; take an ounce of peroxide of manganese, five ounces of common salt, and six ounces of sulphuric acid, diluted with four ounces of water: mix the materials in an earthen basin, and place it on hot bricks, and having previously sealed the windows and doors, the fumigation may continue twenty-four hours.

Temperature.—This should be agreeable; in general, however, the temperature, especially in fevers, should be rather low, say 60 to 65 degrees; but in pulmonary diseases it may with propriety be kept above this. If the patient be chilly, add more clothing to the bed. The air should also be suitably tempered with vapor.

Cleanliness.—The best time for cleaning and arranging a sick room is in the morning, after a night's sleep. Sprinkle the carpet with moist tea leaves, and sweep lightly. The dishes and implements used should be kept clean; nothing is more disgusting than the sight of dirty tumblers, dishes, towels, or other articles.

The patient should himself be frequently washed from head to foot, especially in fevers, with tepid water, softened with a

little lye ; this can be done in bed with a rag or towel, exposing only a small surface to the air at once. This is very refreshing, causing gentle perspiration, and greatly favoring recovery, and in many cases will be found far more soothing than any opiate. It may often be done to advantage two or three times a day. If the patient is very hot, cold water will be best.

Light.—It is a common error to darken the room too much. Except when the light is painful to the eyes, the room may be cheerfully light during the day. Sometimes in delirium darkening is serviceable, at other times, on the contrary, visual illusions are dispelled by a free admission of light. The nurse will, therefore, be governed by circumstances, in regard to light and darkness. At night, it is proper that the night lamp be shaded or extinguished.

NURSING, AND THE QUALIFICATIONS OF A NURSE.

We come now to the most important part of our subject, for the best and most suitable medicine will sometimes fail of its designed effects if irregularly or not faithfully administered. We may here remark with truth, that there are few really good nurses ; indeed, some are ignorant and unprincipled, others are careless and inattentive.

An “*experienced nurse*” is supposed to comprehend every good quality, and with Dr. Beach we ask, “would it not be a good plan for a number of respectable middle-aged females to associate themselves together, and receive lectures or instructions from an experienced physician or nurse, and after having become well qualified by theory and practice, to receive a certificate or recommendation from the society ?” Such a course would inspire confidence, and would secure respect and high compensation.

Age.—She should be at least twenty-five years, and generally not beyond fifty-five. On the one hand, she should be so far advanced as to have attained her full strength, and also that gravity and steadiness so essential to such a situation ; on the other hand, females beyond the limit are often irritable from advancing age and infirmities, and cannot patiently bear the caprices and whims of the sick.

Strength.—It is important that she be strong and active, and capable of considerable endurance. Obesity, heaviness, self-indulgence, lack of energy, inability to keep awake, &c., are decided objections.

Health.—This is another important consideration, both for the nurse and the invalid; she should not have any troublesome chronic disease.

Temper and disposition.—It is scarcely requisite to say that the nurse should possess a happy, cheerful, and equal flow of spirits; a temper amiable and gentle, one not easily ruffled; kind and sympathetic feelings; but, at the same time, sufficient firmness of character. The expression of countenance should be open and winning, so as to obtain the good-will and confidence of the patient. In sickness, when the mind is weakened, and the nervous system morbidly susceptible, a harsh look, or an unkind word, sinks deep into the invalid's mind; and an anxious or foreboding look, either in the nurse or physician, instantly excites alarm, and may counteract, in a great measure, the influence of the medical treatment.

Is there no hope? the sick man said,
The silent Doctor shook his head;
And took his leave, with signs of sorrow,
Despairing of his fee to-morrow.—(GAY.

And so he might, for nothing would be more likely to ensure the fulfilment of his prognosis than such a look.

The influence of the mind on the body, at all times, is very great; it is not uncommon to see persons otherwise in good health, pine away and die of grief, or, as is usually said, of a broken heart. The morbid influence of grief, anxiety, &c., might be abundantly illustrated, but it is unnecessary. How impressive, then, the necessity of preserving cheerfulness and hope in the mind of the invalid, even to the last. Let us not, however, be understood as advising deception; if the patient in a calm, resigned spirit, asks the nurse or physician his exact situation, or probable fate, it should always, in a suitable manner, be stated to him; for very much relating to this world, and that which is to come, often depends on the answer.

Integrity is an essential quality. Her duties should be fulfilled with exactness, and she should never deceive the physician. Her religion should be sincere, but not pharisaical; and although she may occasionally persuade her patient to "put his trust in God," yet she must never preach or argue. Her conversation, if conversation be admissible, should be cheerful and agreeable, not gossiping or scandalous. She should, to a considerable extent, be an educated woman. A nurse who cannot read or write should never be employed; the most fatal consequences have often resulted from this circumstance.

Habits.—A nurse should never indulge in ardent spirits or other stimulants. It is due to her that she have sufficient natural sleep, some time during the twenty-four hours; also, an adequate allowance of nourishing food, and an hour or two of exercise in the open air, daily. She should be active, but not bustling or fidgety; also, orderly in her habits, and dressed with neatness and simplicity.

Self-control and judgment are of unspeakable importance. There are often emergencies in the progress of acute diseases requiring coolness and decision, united to sound judgment and abundant resources, to meet and counteract sudden or alarming symptoms. Many a patient has been saved by prompt and intelligent means thus applied.

It will thus be apparent that we have raised a very high standard for the nurse. It is so, nor have we overrated the subject. Often the services of the best physicians are obtained, while indifferent nurses are employed; the case might almost better be reversed. As you value the lives of your friends, therefore, always seek the best nurses to be found, and encourage this unassuming but indispensable *profession*, by paying them liberally.

FOOD AND DRINK FOR THE SICK.

During the presence of acute disease the necessity for food is very slight, especially in fevers; and the more severe, the less is required. The most suitable may be briefly stated, beginning with the simplest.

WATER is the best and most universal beverage for the sick, and the purer it is the better. Water is of itself an aliment, for many individuals, under certain circumstances, have lived a considerable length of time upon it alone. As a *medicinal agent*, it is demanded in all diseases where fever is present, indicated by a dry hot skin, thirst, &c.; in the early stages cold water may be given as desired; the effect is to induce perspiration, and so diminish fever;* where, however, the body is very greatly debilitated, cold water may not be so safely given.

Thirst is often the result of excessive perspiration, then warm diluent drinks are requisite; but as tepid water alone is apt to excite nausea, we will name a few of the most suitable.

TOAST-WATER is one of the oldest and best of drinks; it is not only diluent, but demulcent, a valuable quality in febrile

* In Spain water is a chief remedy in fever, and it is not uncommon for a Spanish doctor to order five to ten pints to be taken daily.

diseases. The bread should be toasted thoroughly, but not burnt to a cinder; a little orange or lemon peel may be put in the pitcher or bowl when the boiling water is poured on. Toast water may be used *ad libitum* in fevers.

SAGE, CATNIP, BALM, BONESET, SNAKE ROOT, AND MINT TEAS, are excellent diluents. Taken hot, they are sudorific; cold, diaphoretic and diuretic. Common *tea* is too stimulating and astringent for sickness, especially green tea.

CREAM OF TARTAR WATER, WEAK LEMONADE, OR ORANGE WATER, are excellent refrigerent diluents, and may be used to quench thirst after gentle perspiration is established.

We come now to speak of another class of drinks, not only diluent, but *demulcent* and *nutritious*, which are to be used discretionally, especially those containing much nutriment; those which are merely demulcent may be used more freely, their action is exceedingly favorable, sheathing the stomach and bowels against the acrid fluids secreted into them.

APPLE WATER.—Slice two or three tart apples, and pour on a pint of boiling water, and, if desired, sweeten slightly.

LEMON PEEL TEA.—Pare the rind of a lemon, and put the peelings, with a table-spoonful of refined sugar, into a pitcher, and add a quart of boiling water. When cold, a table-spoonful of lemon juice may be added; or, if not improper, a glass of sherry wine may be substituted for the juice.

BARLEY WATER.—Take three table-spoonfuls of pearl barley, rinse it with cold water, then cover it with boiling water for fifteen minutes; throw this water away, and pour on two quarts of boiling water, and boil it down to one, strain and season.

COMPOUND BARLEY WATER may be made by adding to the above, before boiling down, half an ounce of bruised liquorice root, and two and a half ounces each of sliced figs and bruised raisins: boil down as above. This last is not only a good diluent and demulcent, but is moderately nutritious, and may be used if nutriment be not objectionable.

SLIPPERY ELM TEA.—Take an ounce of the sliced bark, or a large table-spoonful of the flour of the bark, wet with cold water; pour on a pint of boiling water, let it stand awhile, and strain. This is one of the best demulcents the earth produces, and may be used freely at all times in fevers, influenza, coughs, inflammation of the lungs, pleurisy, quinzy, in all urinary and bowel complaints, scurvy, eruptions of the skin, &c. &c. An old physician of Louisiana once remarked, that he thought no

person need die of fever who could get slippery elm bark. To make it more nutritious, increase the quantity of bark, add sugar, and flavor with cinnamon or nutmeg.

FLAX-SEED TEA.—Take two table-spoonfuls of seed, *not bruised*, a trifle of liquorice root, if at hand, and a pint of boiling water. An excellent demulcent in colic, fevers, &c.

ALMOND EMULSION.—Take an ounce and a half of sweet almonds, blanched, three-fourths of an ounce of sugar; beat the almonds and sugar in a mortar to a paste, and gradually add water to the extent of a quart, stirring assiduously during the process, and afterwards strain. This is an excellent demulcent in febrile diseases.

WINE WHEY.—Put a pint of fresh milk on the fire, when it boils add two and a half wine-glassfuls of good wine; mix, and let it boil a few minutes without stirring, then set it aside till the curd settles; pour the whey off, and add to it a pint of boiling water, and sweeten with loaf sugar. Most excellent in low fevers, debility, &c. Dose a wine-glassful or less; in case of sinking pulse, repeated as often as necessary.

VINEGAR WHEY.—A wine-glassful of vinegar, sweetened with a table-spoonful of brown sugar, stirred into a pint of boiling milk, and the whole boiled a quarter of an hour, and strained when cold, makes a most useful refrigerent drink in fevers.

BUTTERMILK, when fresh and free from particles of butter, is an excellent cooling beverage in fevers.

The following constitutes the principal articles of food admissible in sickness, and great caution is necessary in giving them. If the patient have an appetite, they may be given in very small quantities; if not, little or none is best; but never cram him, nor force him to eat against his wish.

INDIAN MEAL GRUEL is too well-known to need description. It is generally considered rather heating in fevers, unless very thin.

ARROW-ROOT MUCILAGE, OR POTATOE STARCH.—Take a table-spoonful of arrow-root, dissolve it in a very little cold water, and pour on a pint of boiling water, and boil a few minutes. To make it more palatable, season with salt, or sweeten, and add a little lemon juice.

MUCILAGE OF SAGO.—Soak a table-spoonful of sago in a pint of warm water two hours, or till all the grains are dissolved, and boil fifteen minutes, stirring all the while. Season as in arrow-root. Milk may be added to it if circumstances permit.

MUCILAGE OF TAPIOCA is made in the same way as sago.

BRAN TEA.—Take a pint measure of fresh wheat bran; water three quarts. Boil down one-third; season, or sweeten and acidulate, to the taste.

MUCILAGE OF ICELAND OR IRISH MOSS.—One ounce, boiled down in a quart of water, to a pint, sweetened and acidulated, makes an excellent diet for invalids who require to have the strength supported. The Iceland moss has a slightly bitter principle, rather favorable to digestion; it may, however, be removed by soaking it in water with a little soda, twenty-four hours.

BREAD PANADA.—Take a proper quantity of stale bread, and soak it till it becomes a pulp. Then beat it up with a small quantity of milk and sugar, and boil ten minutes, stirring all the time.

This may be eaten in any disease, unless abstinence be strictly enjoined.

HARTSHORN JELLY.—Take six ounces of hartshorn shavings, cut fine, boil in two quarts of water down to one; strain, and add while hot two table-spoonfuls of lemon juice, six ounces of white sugar, and two glasses of sherry, madeira, or port wine. Excellent for sick and convalescent, where wine is not improper. Without the acid and wine, but with an equal quantity of milk, is a good substitute for breast milk for infants.

BEEF TEA.—Half a pound of steak, cut into shreds, boiled twenty or thirty minutes in a quart of water, the skum being removed; strained, cooled, and seasoned, is very nourishing and palatable.

VEAL AND MUTTON TEAS.—Take a pound of either, free from fat; boil the former twenty minutes, and the latter thirty, in a quart of water; strain and season.

CHICKEN TEA.—Take half a chicken; strip off all the fat, and break the bones; add two quarts of water, boil twenty minutes, and season.

ISINGLASS JELLY.—Two ounces of isinglass, water a quart, boil to a pint, strain, and add a pint of milk and an ounce of white sugar, or candy. This is very nutritious. It is much improved by adding two ounces of gum arabic, and flavored with nutmeg or cinnamon.

BISCUIT JELLY.—Pilot bread four ounces, water two quarts; boil down to one, strain, and evaporate to a pint; add a pound of white sugar, two wine-glassfuls of wine, cinnamon water

three tea-spoonfuls. This may be used during convalescence, and in debility of the digestive organs.

RICE JELLY.—Mix a quarter of a pound of clean rice, half a pound of white sugar, and add just sufficient water to cover it. Boil and stir till it becomes a glutinous mass; then strain, and season with whatever may be thought proper. Very nutritious.

MILK JELLY, or custard, may be used moderately in convalescence.

VOLTAIRE'S DISH FOR INDIGESTION.—Take no other nourishment than the yolks of eggs beaten up with potatoe starch (or simply, finely mashed potatoes,) and water.

ANOTHER DISH FOR DYSPEPTICS.—Beat up an egg in a bowl, and add six table-spoonfuls of cold water, mix well together; then add two tea-spoonfuls of arrow root or mashed potatoes, incorporating the whole thoroughly, and pour on boiling water, and stir till it becomes a jelly, or boil a minute or two. It may be sweetened, and taken with milk, if the stomach will bear it; and stale bread or sea-biscuit may be eaten with it, as the stomach becomes stronger. This is an excellent diet in indigestion, consumption, &c.

ROOT BEER.—Make a strong decoction of green spruce leaves and sassafras root, sweeten with molasses, and when cold ferment with a little yeast, and bottle for use.

ALTERATIVE BEER.—Take sarsaparilla, yellow dock root, wild cherry bark, alder bark, prickly ash bark, burdock root, and sassafras root, a part or all of them. Boil them in a sufficient quantity of water to make a strong decoction; strain, and sweeten with molasses or honey, and when cooled to blood warmth, add yeast and ferment. It is cooling in fevers, and an excellent diet drink in convalescence. It is also a good spring medicine.

MEAD.—Sweeten water with honey, flavor with essence of lemon, and ferment; is a delightful and wholesome beverage in sickness or convalescence.

WINE.—The uses of wine, as a beverage and medicine, are very great. A moderate use of wine by the convalescent, the weak and the aged is very serviceable; as a medicine it is a valuable cordial in languors and debilities, grateful and refreshing, and especially useful in typhus or malignant fevers, for raising the pulse and resisting putrefaction. Wine, prescribed in convalescence, is best taken on an empty stomach a little before noon, and a good practice is, to dip-bits of bread into Claret,

Sherry, Madeira or Port wine, and so take it, but the quantity must not be such as to produce feverishness.

CIDER, if made from ripe apples, properly fermented, racked, and purified is a good drink, moderately taken, during convalescence.

PORTER AND ALE, in cases of ordinary debility, when a stimulant is required, may be taken moderately, two or three times a day. They are very strengthening for females after or while nursing.

CONVALESCENCE.

In many cases much danger of relapse often exists, after the disease has disappeared, and the patient is declared convalescent.

The most important considerations in convalescence are of *diet, air and exercise*. The errors daily committed in these matters exert a powerful influence in retarding complete restoration; and indeed, often induce evils more formidable than the diseases from which the patient has just emerged. Look at a person attacked with fever, the transition from manly strength to infantile weakness is very rapid, notwithstanding the stomach may be full of food and the blood laden with the elements of life. Why this sudden prostration? Because the *brain* has measurably ceased to work, and consequently digestion, and all the operations of the body have proportionably ceased. The first thing then is to *discharge* the stomach by an emetic, and the second to *purge* the blood by all the natural outlets. Let it, therefore, be clearly understood that it is not food that restores strength, but a gradual restoration of the powers of the brain, and that, while food and exercise are indispensable, they must be exactly proportioned to the ability of the brain to furnish power to digest the one and carry on the other. These two conditions of recovery being carefully attended to, convalescence will be as rapid as *nature* can accomplish it, without liability to relapse; the use of *tonics* may indeed expedite convalescence, but over feeding or exercise invariably check it.

We have given a great variety of dictatic recipes for the sick and convalescent, and we have only to remark that as convalescence advances, these articles of food may be made more nutritious; next a little chicken meat, lamb, or veal may be eaten, to be well masticated, or very soft boiled eggs; afterwards tender ox-beef, the most strengthening of all kinds of animal food.

The appetite should never be fully satisfied, and food may be taken oftener than common.

AIR.—In every convalescence, whatever has been the nature of the disease, country air is desirable and should be sought if circumstances will permit. The Benevolent Author of our existence has made medicinal the hills, the vales, the groves, and all the harmonies of nature; in the repose of these, man finds a balm, not only for a wounded spirit, but for his stricken body. Care should be taken to select a place of resort not liable to be infected by neighboring marshes or stagnant water.

EXERCISE is essential; walking or riding, and early in the morning is the best time. The balmy breath of the new born day; the freshness of the dewy fields; the music of the feathered race, warbled from every shadowy copse; the tiny hum of the wild bee, and a thousand other agreeable impressions, incident to the hour, create a buoyancy of mind, which added to the renewed vigor of the body, derived from the repose of the preceding night, bestow an elasticity which is experienced at no other period of the day.

MANUAL OF HEALTH.

PART VI.

DEFINITION OF TERMS.

Abdomen. The cavity of the body below the diaphragm.

Abscess. A collection of pus.

Acrid. Pungent, biting, caustic.

Acute. Attended with violent symptoms.

Alterative. A medicine which gradually induces a change in the constitution, and restores healthy functions.

Anodyne. Assuaging pain, causing sleep, &c.

Antacids. Remedies that obviate acidity in the stomach.

Anthelmintic. Expelling or destroying worms.

Antibilious. Correcting the bile.

Antiscorbutic. Against scurvy.

Antiseptic. Preventing mortification or putrefaction.

Antispasmodic. Relieving spasms and cramps.

Aperient. Gently opening, laxative.

Aromatic. Spicy, agreeably scented.

Astringent. Binding, contracting the fibres or solids.

Attenuate. To make thin.

Antiphlogistic. Medicines that oppose inflammation.

Balsamic. Mild, healing, stimulant.

Carminative. Expelling wind; for flatulences or colic.

Cataplasm. A poultice.

Cathartic. Purgative, cleansing the bowels.

Caustic. An application which consumes the flesh.

Cephalic. A remedy for diseases of the head.

Chronic. Long standing, inveterate.

Calculus. Stony, gritty.

Contagious. Communicated by contact or touch.

Demulcent. Sheathing, lubricating.

Diobstruent. Removing obstructions.

Detergent. Cleansing.

Diaphoretic. Producing gentle perspiration.

Diaphragm. The membrane which separates the chest from the belly.

Discutient. Dissolving, discussing.

Effluvia. A stench which corrupts air.

Emetic. A medicine which causes vomiting.

Emmenagogue. Promoting menstrual discharge.

Emollient. Softening, causing warmth and moisture.

Emulsion. A soft, oily, or mucilagenous mixture.

• *Epidemic.* A popular disease, affecting great numbers.

Equilibrium. Equal circulation.

Errhine. A medicine which excites sneezing.

Eruption. Sores or blotches on the skin.

Exacerbation. Exasperation, increased malignity.

Excretion. Any discharge of matter from the blood.

Expectorant. Increasing the discharge of mucous from the lungs.

Fauces. The top of the throat.

Febrifuge. A medicine which mitigates or subdues fever.

Fetid. Stinking, rancid, offensive to the smell.

Flatulence. Wind in the stomach and bowels.

Fungus. Unnatural flesh growing in a sore, proud flesh.

Ganglion. A movable tumor on the tendons.

Gangrene. Mortification.

Gland. A membrane to secrete or strain some fluid from the blood.

Herpetic. Curing diseases of the skin.

Iridication. Pointing out suitable remedies.

Infection. Communicable through the air, contagious.

Inspissate. To thicken by evaporation.

Laxative. A mild purgative.

Ligament. Anything that ties or unites one part to another.

Miasma. Infecting gas rising from decomposing matter.

Mucilagenous. Slimy, glutinous, lubricating.

Mucous. Slime, mucilagenous substance.

Muscles. The fleshy, fibrous parts of the body.

Nausea. Disposition to vomit, qualmsiness.

Narcotic. Stupifying, relieving pain, causing sleep.

Nervine. Strengthening and quieting the nerves.

Nephritis. Curing diseases of the kidneys, gravel in the bladder, &c.

Obstetric. Pertaining to midwifery.

Obtuse. Dull, insensible.

Opiate. A medicine which procures sleep.

Panacea. A remedy for all diseases.

Paralytic. Affected with, or inclined to palsy.

Paroxysm. A fit, the aggravated stage of a disease.

Pectoral. Useful in diseases of the lungs.

Perspiration. Excretion of fluids by the pores of the skin.

Purulent. Generating pus, or matter.

Pus. The white or yellow matter formed in sores or ulcers.

Putrid. Rotten, corrupt; in a state of decomposition.

Rectum. The last or straight gut.

Refrigerent. Cooling, refreshing.

Respiration. The act of breathing.

Rubifacient. Producing heat and redness of the skin, drawing.

Suppuration. The formation of pus.

Saliva. Spittle, a fluid secreted into the mouth.

Secreting. Separating from the blood to replace what is worn out or lost.

Sedative. Moderating muscular action.

Sialogogue. Increasing saliva.

Spasm. A violent and involuntary contraction of the muscles.

Sphincter. A muscle, or valve, subject to the will, commonly applied to the one which shuts the bladder.

Stimulating. Exciting, giving temporary strength.

Stomachic. Strengthening the stomach.

Styptic. A medicine which stops bleeding.

Sudorific. A medicine that induces free perspiration.

Thorax. The chest.

Tonic. Permanently strengthening.

Tonsil. A glandular body at the back part of the mouth.

Torpor. Numbness, dullness, and inactivity.

Tumor. A swelling; a morbid enlargement of any part.

Vermifuge. A medicine which brings away worms.

Virus. Contagious matter.

Viscera. The bowels, the intestines.

MATERIA MEDICA.

MATERIA MEDICA is that department of the science of medicine which treats of the nature and properties of the substances employed as remedies to restore health to the human body when diseased.

SECTION FIRST,

Contains a collection of valuable drugs and medicines, American and foreign, most suitable for domestic practice ; with a brief account of their properties, uses, and modes of employment. Arranged in alphabetical order, as follows :

A L O E S.

ALOES is a bitter, warm, stimulating purgative, which acts chiefly on the lower intestines, emptying them without making thin watery stools. It is a very useful purgative, especially in habitual costiveness, dyspepsia, suppression of the menses, &c. In full doses it quickens the circulation, and produces general warmth. Dose, from five to fifteen grains.

ALKALINE SOLUTION, see **LIQUOR POTASSÆ**.

ANTIMONIAL WINE

Is made by dissolving a scruple of emetic tartar in half a pint of boiling rain water, and adding two ounces of alcohol. It is diaphoretic, expectorant, and emetic ; excellent in fevers, combined with acetate of ammonia and sweet spirit of nitre. A valuable *sudorific anodyne* is made by taking six tea-spoonfuls of the wine, and one of laudanum, of which fifteen drops may be taken every four or six hours.

As an expectorant or diaphoretic, from ten to thirty drops given frequently ; a few doses with warm catnip or other herb tea, will readily cure a cold ; as an emetic, from one to two tea-spoonfuls every fifteen minutes, with luke-warm water.

A S S A F Œ T I D A

ASSAFŒTIDA is a powerful antispasmodic and expectorant, particularly useful in *hysterics*, *hypochondriasis*, *convulsions*, and *hooping cough*, &c. Dose, from five to thirty grains.

B A R K.

BARK, commonly called Peruvian bark, is a tonic and febrile-

fuge, surpassing all other remedies of this class. Its use in *intermittent and remittent fevers, hectic, typhus, and malignant scarlet-fevers, putrid sore throat, confluent small-pox, putrid measles*, and other diseases attended with great prostration, is now considered indispensable. It is also proved to be of great value in acute rheumatism, gout, and scurvy; and in various *nervous* diseases, epilepsy, convulsions, hysteria, hypochondria, &c. &c.

But bark has in a great measure given way to the sulphate of quinine, the essential part on which most, if not all, of its virtues depend. The advantages of quinine are obvious, when it is known that from eight to twelve grains only, are obtained from an ounce of bark; and that in many cases when this particular tonic is indicated, the quantity of bark necessary to produce a desired effect, could not be borne by the stomach. We shall, therefore, dismiss the subject, referring the reader to Quinine, merely stating here the modes and doses of bark.

Bark is given in the form of powder, tincture, decoction, or infusion. The powder is thought most efficacious. The dose for ordinary diseases is from ten to fifteen grains every two, four, or six hours, gradually increasing to a drachm if required; in ague, the patient may commence with larger doses, and increase to two drachms. The wine or brandy, or the compound tincture of bark, (see medicinal compounds,) is the most agreeable mode of taking bark. For decoctions and infusion of bark, see compounds. The efficacy of bark is often greatly increased by admixture with other substances. See prescription foot of page 283.

BALSAM OF TOLU.

BALSAM OF TOLU is a mildly stimulant tonic and expectorant; useful for *coughs, chronic catarrh, and pyrosis*. Dose, from ten to thirty grains, and frequently repeated.

CASTILE SOAP.

CASTILE SOAP, applied externally, is cleansing; a table-spoonful of scraped soap thrice a day, in milk or wine, is excellent for *jaundice and urinary diseases*.

CARBONATE OF AMMONIA.

CARBONATE OF AMMONIA is one of the most valuable articles in the materia medica. It is stimulant, antispasmodic, antacid,

and diaphoretic. It is a nerve and stimulant of inestimable value in low stages of *typhus fever*, and in *malignant scarlet fevers*, having the rare property of supporting the circulation, without increasing the general excitement; precisely what is wanted. It has, besides, a beneficial influence on the skin, restoring healthy secretions at the same time invigorating it.

In *indigestion*, *bilious complaints*, and *intermittents*, it will be found very efficacious. In correcting acidity, relieving *languor* and *chilliness*, and *exhilarating the spirits*, indeed, for the relief of these symptoms it has no equal, and the benefit is more or less permanent. The cases most benefitted, are those in which the pulse is very feeble, and when the patient complains of great depression and chilliness, hangs over the fire, and finds no warmth from exercise.

The ordinary *dose* is from five to ten grains, according to the nature of the case, two or three times a day, or as its effects seem to be required, and may be taken dissolved in water. An agreeable way of taking it is to thoroughly mix fifty grains, finely powdered, with four table-spoonfuls of honey; dose, a tea-spoonful every three or four hours. Or sixty grains in half a pint of mint tea or wine whey, with a little camphor, sweetened; dose, one or two table-spoonfuls as often as required.

ACETATE OF AMMONIA.

ACETATE OF AMMONIA is made by stirring carbonate of ammonia into acetic acid till effervescence cease; good vinegar will answer. It is a useful cooling diaphoretic, and is in common use in all *fevers*, for the purpose of relieving heat, relaxing the skin, and promoting gentle perspiration. Its operation in this way is much assisted by taking freely of warm herb teas, and keeping the body moderately warm. Dose is from one to two table-spoonfuls, every three or four hours. Diluted with water, it is a good lotion for inflamed surfaces.

CAMPBOR.

CAMPBOR is stimulant, narcotic, and diaphoretic. In moderate doses it operates as a cordial, increases the heat of the body, exhilarates, and softens the pulse; in large doses, it allays spasms and irritations, abates pain, and induces sleep. It is beneficially employed in *typhus fever*, *malignant measles*, and *confluent small-pox*. The dose is from three to twenty grains, pulverised, repeated at short intervals, as its effects are transient.

Spirits of Camphor is prepared by putting half an ounce of

the gum to half a pint of alcohol; the dose is from half to a whole tea-spoonful, in a little sweetened water; useful for sickness at the stomach, colics, spasms, cholera morbus, &c. Its excellence, as an external application, is too well known to require naming.

CHARCOAL.

CHARCOAL is a valuable domestic remedy; it is antiseptic, absorbent, and laxative. It is especially useful in *bilious complaints, fetid breath, sour stomach, indigestion, costiveness, nausea,* and with slippery elm, as a poultice for gangrenous sores and ulcers. It is an invaluable means of preventing *bilious, yellow and intermittent fevers, cholera, and all infectious diseases.* As a *preventive* it may be taken, two or three tea-spoonfuls night and morning, increasing or diminishing the dose according to the circumstances. The writer has satisfactorily demonstrated the value of charcoal for this purpose in his own person, having on several occasions escaped bilious and yellow fevers when most of those around him were attacked. We would advise all persons going to the south, or West Indies, to provide themselves with this simple means of protection. *Doses*; in acute diseases a tea-spoonful may be taken every half-hour in water or a little syrup; ordinarily, however, two or three tea-spoonfuls, three times a day, before meals, will be most suitable.

CASTOR OIL.

CASTOR OIL is a mild but quickly operating purgative, and is useful in *piles, colic, and inflammation of the bowels*, when stimulating cathartics would be hurtful. It is also an excellent purgative for infants and children. The dose is from one to two table-spoonfuls in milk, coffee, wine, or water.

CROTON OIL.

CROTON OIL is a powerful purgative, operating in a very short time after being taken, and causing copious watery stools. It is advantageous in obstinate *costiveness, madness, apoplexy, inflammation of the bowels*, and wherever it is desirable to lessen the quantity of the circulating fluid. It is rather violent in its effects, and unfit for the aged or feeble. If the oil is genuine, it will usually operate powerfully in doses of one or two drops, otherwise more will be required. It may be made into pills with crumbs of bread, or used in the form of emulsion.

CREAM OF TARTAR.

CREAM OF TARTAR is refrigerent, purgative, and diuretic. It

makes a very useful drink in fevers, cooling and refreshing. In large doses, an ounce or more in solution, it causes copious watery stools; and with the Vegetable Pills will be found valuable in dropsy.

DOVER'S POWDER.

DOVER'S POWDER, or, as is often termed, compound powder of ipecacuanha, is frequently referred to in this work as an invaluable remedy to allay pain, procure sleep, determine to the surface, and alter the diseased action of the vessels, in many obstinate complaints. It is composed of ipecac and opium, of each one, and sulphate of potassa eight parts, rubbed together to a fine powder.

Dover's powder is an admirable *anodyne diaphoretic*, not surpassed, perhaps, by any other combination in its power of promoting the cutaneous secretions. Opium, as elsewhere remarked, has a strong tendency to the skin; and while the vessels are stimulated by this ingredient, the pores are relaxed by the ipecac, and the combined effect is much greater than that from either separately. At the same time, the stimulating influence of the opium on the brain is counteracted.

The compound is very beneficially employed in *fevers*, when there is great restlessness, and dryness of the skin. It is often of great service in *chronic rheumatism*, and all complaints originating from suppressed perspiration; in *old coughs*, *spasmodic asthma*, also in *diarrhœa*, &c. In doses of three or four grains it acts mildly, and for the most part insensibly, but in doses of ten grains it is a powerful and speedy *sudorific*. When a continued diaphoresis is required, the dose may be from four to six grains, repeated every four to six hours, and warm herb drinks given, though not immediately after the powder, which might provoke vomiting. To prevent nausea, a few drops of camphor may be added to each dose.

ELIXIR OF VITRIOL.

ELIXIR OF VITRIOL is found with all the druggists. It is tonic and astringent; excellent for debility with night-sweats, and in convalescence from intermittents; it is an excellent adjunct to quinine, dissolving it and increasing its efficacy. Dose: from ten to thirty drops in water, two or three times a day.

EMETIC TARTAR.

EMETIC TARTAR acts variously as an emetic, expectorant, and diaphoretic. It is the most powerful emetic we have, some-

times harsh, but very effective ; useful in the beginning of *fevers*, in *croup*, and in morbid affections, when the stomach is not easily affected, and when to gain the full benefit of an emetic it is necessary to start bile ; but in mild cases, when the stomach is irritable and merely requires to be emptied, the milder emetics, such as ipecac, may better be employed. See *Emetics* in Medicinal Compounds.

Emetic tartar has lately been found a valuable remedy in inflammations. The Italian physicians often trust to it alone for the cure of *pleurisy* and *inflammation of the lungs*, and give it in doses of a quarter or half a grain, dissolved in water, and repeated every second or third hour. Its value in these cases consists in its sedative action on the circulation, while, at the same time, it excites most of the secretions and excretions.

As a last resort in *croup* in children, emetic tartar may be resorted to, half a grain every half hour, till full vomiting follows. Two hours after vomiting has subsided, if the disease be not arrested, repeat the emetic again and again, till it yield.

As a diaphoretic, &c., see Antimonial Wine.

ETHER.

SULPHURIC ETHER is an active stimulant, narcotic, anti-emetic, and antispasmodic, and is sometimes beneficially employed as a cordial in *typhus* and *low fevers*, and as an antispasmodic in *asthma*, *hysterics*, and *fainting*. It is valuable in *cholera morbus* to check vomiting, and in the stage of collapse in cholera. Its effects are transitory, and the doses must be repeated at short intervals, of an hour or two, to maintain the full effects of the remedy.

The dose is from half a tea-spoonful to two tea-spoonfuls, in any agreeable vehicle, but may be given to the extent of a table-spoonful.

Hoffman's anodyne is a preparation of ether, having the same properties, but is less stimulating. When united to opium to procure sleep, it renders the operation of the opiate more pleasant, and counteracts the deleterious effects. Dose, from half to a whole tea-spoonful, in water.

GUM AMMONIAC.

GUM AMMONIAC is a stimulating expectorant, useful in *asthma* and chronic cough. It is generally combined with squill and ipecac. When there is any inflammation of the lungs or chest, it should not be used. It is particularly serviceable when exp-

toration is deficient, the skin cold, and pulse weak. Dose, from ten to thirty grains, made into pills, and taken one every two or three hours.

GUM ARABIC.

GUM ARABIC is a valuable demulcent. The mucilage is useful in *dysentery, gravel, scalding of the urine*, and to involve acrid matters in the stomach. Dissolve four ounces in a pint of boiling water; dose, one or two table-spoonfuls, often repeated.

Gum water, of half this strength, is an excellent diluent in *fevers, coughs, consumption*, and stomach complaints.

JALAP.

JALAP is a brisk stimulating cathartic, operating principally on the larger or lower bowels; and though occasionally griping severely, is safe and efficacious. Twenty or thirty grains, with two or three scruples of cream of tartar, makes an excellent hydragogue in *dropsy*. The dose of jalap is from ten to thirty grains.

IPECACUANHA.

IPECACUANHA, when administered in large doses of fifteen to thirty grains, is emetic; in smaller ones of two to four grains, every three or four hours, is febrifuge, diaphoretic, and expectorant; and in still smaller doses of one or two grains, thrice a day, is tonic and antibilious, very beneficial in indigestion and costiveness, in bilious and liver complaints.

As an emetic it is mild, safe, and certain in its operation; and though not so effectual in all cases as tartar emetic, yet does not weaken the stomach so much. It is an established fact, that an emetic given in the commencement of a fever will often cut it short, especially if it be effective, and before the strength is greatly reduced. At any rate, the disease will be much more mild and manageable. Emetics are unfashionable, and most people dislike to take them; for this reason, then, our readers must bear with us for so repeatedly expressing our convictions on the subject. Lobelia, and a little blood root, are valuable adjuncts to ipecac, and greatly increase its efficacy.

In doses of three grains, three times a day, it is excellent for *spitting of blood, hooping cough, difficulty of breathing*, and *spasmodic asthma*. In spitting of blood it is especially valuable, both to stop its progress and prevent its return.

The wine of ipecac possesses all the virtues of the root, and is more agreeable to take; macerate one ounce of the bruised root in a pint of wine.

IRON.

The preparations of iron are of all metals the most salutary to the animal system, being the only metal having any sensible activity which has no poisonous quality. The effects are tonic; it increases the vigor of the circulation, causes the blood to assume a more florid hue, promotes digestion, excites the secretions, or restrains them when morbidly increased from debility, checks its profuse evacuations, and counteracts the tendency to hemorrhage. It is good for *green sickness, indigestion, hysterics, whites, palsy, scrofula, rickets, and consumption*; beneficial, for *cancerous ulceration* used internally, and also sprinkled on the sore.

The carbonate of iron is much used for indigestion, headache, scrofula, green sickness, and cancer; dose, five to twenty grains, thrice a day.

Sulphate of iron or copperas, is one of the most active preparations of the metal, and useful in all the complaints above stated; dose, from one to five grains, dissolved.

LAUDANUM.

LAUDANUM is used in all cases where opium is indicated, and is a very convenient form of giving the remedy. Thirty drops are equal to one grain of solid opium. The usual dose is from ten to twenty drops; but in case of violent and continued pain, very large doses can be borne.

It is worthy of remembrance, that the vehicle in which laudanum is given is of much consequence; it is much less irritating to the system, and more useful when given in lemon juice or vinegar, or in some aromatic water, or in a little brandy and water.

Laudanum rubbed on the skin produces its usual anodyne effects, though in a smaller degree. By being kept long, and by exposure to the air, it becomes thick by evaporation, a consideration which must be remembered. For the uses and properties of laudanum, see Opium.

LIME WATER.

LIME WATER is made by pouring six pints of boiling water on four ounces of fresh burnt lime; stir well, and cover. After standing three hours, bottle and keep well corked, and pour off the clear fluid as required for use.

It is tonic, antacid, destroys worms, is serviceable in alimy.

bowels; and used externally is a cleansing *antiseptic* wash for sores and ulcers, combined with an infusion of Peruvian bark. Lime water is valuable in *scrofula*, *ricketts*, *red gravel*, and *general debility*. Digest an ounce of Bark in a pint of lime water six hours, and strain; dose, a wine-glassful thrice a day. Milk is an excellent vehicle. Dose of lime water is from a half to two wine-glassfuls once or twice a day.

LIQUOR POTASSÆ, OR ALKALINE SOLUTION.

LIQUOR POTASSÆ, OR ALKALINE SOLUTION, for domestic use, may be made as follows:—Take half a pound of best pearl ash, an ounce and a half of fresh burnt lime, two ounces of ashes, (from ash wood,) and four pints of boiling rain water. Sprinkle the lime with a little water till it falls to powder, then add the remaining ingredients and the water; stir frequently for an hour, and set aside for twenty-four hours in a covered vessel; decant the clear liquid into bottles, and keep closely corked.

This solution is antacid, alterative, tonic, herpetic, astringent, and anthelmintic; and is useful in *indigestion*, *sour stomach*, *heartburn*, *diarrhœa*, *red gravel*, *stone*; for *destroying worms*, and *removing slime* from the intestines; and in *cutaneous diseases*, *leprosy*, *scrofula*, *glandular swellings*, &c.

The liquor of potassa may be used to great advantage, in connection with the Sarsaparilla Compound, for *scrofula* and that class of diseases, otherwise a long use of the former might weaken the stomach. The dose of liquor of potassa is from one to two tea-spoonfuls, two or three times a day, in milk or sweetened water.

MAGNESIA.

MAGNESIA is antacid, and a mild purgative; good for *heartburn*, *acidity*, and *red gravel*. Dose, from one to four tea-spoonfuls. Its long continued use, however, may sometimes induce the opposite disease, namely, *white gravel*.

MUSTARD SEEDS.

MUSTARD SEED is slightly stimulant, aperient, and diuretic; useful in indigestion, dropsy, costiveness, and the torpid state of the bowels which accompanies palsy. The white seed has become deservedly popular for *indigestion* and *costiveness*. The dose (to be swallowed whole) is two to four tea-spoonfuls twice or thrice a day. Mustard, in powder, is a convenient and ready *emetic*; three or four tea-spoonfuls in warm water will operate

speedily, and often when other emetics fail ; with it drink freely of warm water.

As a *rubifacient*, mustard is most frequently used for medicinal purposes, and we think will answer all the purposes of Spanish flies, without the serious objections to the latter. Ground mustard, wet and in the form of a poultice, applied to the skin, soon produces redness, with burning pain ; it is, however, generally diluted with indian meal or flour. In this form it is very useful, put to the soles of the feet, for the delirium of fevers, lethargy, violent headache, and for most of the inflammatory diseases. The application should not be continued so long as to raise blisters.

MURIATIC ACID.

MURIATIC ACID is tonic and antiseptic ; and is especially valuable in *malignant, typhus*, and *scarlet fevers*, when there is great heat and dryness of the skin ; ten drops of acid may be mixed with two or three table-spoonfuls of infusion of chamomile flowers or Peruvian bark, and three or four drops of laudanum added ; this draught may be taken every four or five hours in those fevers. In desperate cases of typhus, the dose of acid may be increased to a half or whole tea-spoonful.

For *ulcerated sore throat*, a tea-spoonful of acid, in a tea-cupful of infusion of chamomile or bark, makes a valuable gargle.

For *white gravel*, take ten or fifteen drops, two or three times a day, in a wine-glass of water.

NITRIC ACID.

NITRIC ACID, diluted by mixing one part of acid with nine parts of pure water, is tonic and antiseptic, and useful in *indigestion, liver complaints, white gravel, general debility*, and in cases of *old ulcers*. It is also beneficial in secondary syphilis, and where the health has been injured by an excessive use of mercury.

An *acid bath*, composed of muriatic and nitric acids, has been strongly recommended for *diseases of the liver*, and in cases of *ulceration of the internal surface of the bowels*, and in many diseases affecting the stomach and bowels. Take three parts, by measure, of strong muriatic acid, two parts of nitric acid, and five parts of rain water. For the bath, take three table-spoonfuls of this mixture, and four pints of water, of a temperature to suit the season, in a common wash-hand basin, and immerse the feet for twenty or thirty minutes every night, sponging the

legs, thighs, and abdomen frequently with the liquid. Employ this bath daily for a fortnight or three weeks, and afterwards two or three times a week. The Sarsaparilla Compound as an internal alterative, and used in connection, will greatly assist in the cure.

Nitric acid, in the form of a lotion, is of great service for *foul and indolent ulcers*. A tea-spoonful in a tea-cup of rain water, is the proportion; wetting the whole surface of the ulcers two or three times a day.

The *dose* of *diluted* nitric acid is fifteen to thirty drops, in half a tumbler of sweetened water, thrice a day.

O P I U M.

OPIUM.—The medicinal virtues of opium are very great, and often of the first importance in the treatment of disease. Its action is directly upon the brain and nervous system, and its effects are rapidly diffused over the body, speedily allaying pain in the most distant part. Opium possesses the most powerful stimulant, narcotic, and antispasmodic, besides many other important properties.

Taken by a healthy person, in moderate doses, it increases the fulness and frequency of the pulse, augments the heat of the skin, invigorates the muscular system, quickens the senses, animates the spirits, etc. Sometimes exciting the brain to intoxication or delirium. In a short time these effects are followed by languor and sleep, and very often by headache, sickness, thirst, tremors, and other symptoms of debility, such as follow the excessive use of ardent spirits. Even in small doses, it commonly impairs digestion, and induces costiveness. In large doses, the period of excitement is much shorter, the soporific effects more intense and of longer duration, and the succeeding symptoms of debility more obvious and alarming.

Its medicinal properties and uses may be briefly set forth as follows:—1st. It is *stimulant* in its primary operation. In low typhoid complaints, requiring a supporting treatment, it exalts the action of the arterial and nervous systems: and in moderate doses, frequently repeated, may be employed with advantage, in conjunction or alternation with other stimulants. 2nd. It *relieves pain* and irritation, local or general, more effectually than any other medicine we know of, and may be given in quantities indicated by the circumstances. 3rd. Its *narcotic* effect, or power of causing sleep. Whenever there is a morbid wakeful-

ness, *not dependent on inflammation of the brain or other inflammatory symptoms*, opium may be employed for this purpose. Combined with vinegar, or other acids, its narcotic power is increased, while its constipating tendency is diminished, nor does it affect the brain so much. 4th. Opium is a powerful *anti-spasmodic*, and is of great value in locked jaw, colic spasms of the stomach, and various convulsive affections. 5th. It *suppresses morbid discharges*, such as diarrhœa, diabetes, consumption, humid asthma, and in other cases of morbidly increased expectoration. 6th. In conjunction with small doses of emetic medicines, its power of promoting perspiration is pre-eminent.—(see Dover's powder.) We should remark here, that opium alone, although strongly determining to the surface, yet, when the skin is dry and hot, with great thirst and restlessness, augments these symptoms; but if moisture is coming, opium accelerates it, and tranquility and sleep follows.

Opium is a medicine of great power, and applicable to a great variety of diseases, but is to be used with caution, and never administered in high inflammatory excitement, nor in case of strong determination of blood to the head, nor where constipation is to be avoided.

Opium is administered in tincture, in powder, and in substance; the two former are the most speedy and effectual. The tincture (laudanum) possesses all of the valuable properties of the drug, and is more convenient for domestic use than either of the other forms.

No medicine varies so much in the quantity of the dose; it depends on the nature of the disease, and the effect to be produced. If its stimulant effect is required, small doses of a quarter or a third of a grain, at short intervals, as the case indicates; to obtain its sedative effect, large doses may be given.* The medium dose in ordinary diseases, to produce its anodyne and soporific effects, is one grain.

OLIVE OIL.

OLIVE OIL is emollient, laxative, antiseptic, healing, refrigerent, and nutritious. As a medicine, it is often employed in

* The Rev. Robert Hall, so well known for his eloquence, suffered intensely for many years from a pain in his back, for the relief of which he would take from fifty to a hundred drops of laudanum every night. In his last sickness, says his medical attendant, "The pain in his back had been uncommonly severe during the whole night, and compelled him to multiply, at very short intervals, the doses of his anodyne, until he had taken no less than one hundred and twenty-five grains of solid opium, equal to more than three thousand drops, or nearly four ounces of laudanum."

injections, on burns, &c., and in the manufacture of liniments, ointments, &c. It is much used to preserve delicate fish and meats, and is an agreeable and healthful condiment.

QUININE.

SULPHATE OF QUININE.—This is an invaluable preparation of Peruvian Bark, which is supposed to concentrate in a small compass, all the tonic, febrifuge, and antiseptic properties of that celebrated substance, and is, therefore, now generally resorted to by medical men on account of the smallness of the dose necessary, and the ease with which it sits on the stomach.

Quinine appears as a pure white powder, in silky needles, only partially soluble in water, but completely so in alcohol or elixir of vitriol.

The use of quinine in intermittent fever is too well known to need much remark: when the sweating stage of the paroxysm has fairly commenced, begin with the quinine, taking one grain, dissolved in a few drops of elixir of vitriol, every hour or two, till the disease ceases to recur; meanwhile keeping up a gentle perspiration by the use of some warm diaphoretic herb drink.

In all fevers quinine is of vast importance, and is destined to revolutionize the whole practice. Only a few years since physicians, almost without exception, bled copiously, and salivated their patients in fevers, such was their anti-phlogistic treatment, violently taking from nature the healing process, which she had kindly instituted, and reducing the sufferer to the lowest ebb of life, and then, if it were possible, raising him slowly up, with a broken constitution and a decreased power of resisting disease. Fortunately for humanity the lancet is seldom had in requisition, and the mercurialists have abandoned the article entirely, in many cases, and reduced the doses to small fractions in others. But what is the true practice? After making a suitable impression on the whole system, by means of an emetic, and having got the excretive system, the bowels, the kidneys, and skin, at work as near their natural standard as possible, no time is lost in commencing with the quinine or other tonic and febrifuge medicines; the object being to prevent further prostration, subdue the fever, and increase the strength. No other medicine has ever been discovered, capable of fulfilling these indications equal to bark, or, its preparation, quinine. The dose is one grain every hour or two, till convalescence takes place.

For various other purposes, see diseases noted under head of **BARK**.

Our Fever and Ague Pills are composed mainly of quinine, and may be conveniently used in place of the salt, one pill for each grain.

When quinine disagrees, the common complaints are tremor, faintness, headache, vertigo, nervousness, cramps, &c.

RHUBARB.

RHUBARB is a well known and valuable medicine, in it there is a singular union of cathartic and astringent power. It is also tonic and stomachic, and is useful when the stomach is feeble and the bowels relaxed. In small doses of two grains, three times a day, it stimulates the stomach, improves the appetite and increases the flow of bile, and is good for indigestion, low-spirits and jaundice. In doses of twelve to twenty grains, or a tea-spoonful, it purges freely and is well adapted for most cases of diarrhoea, evacuating, then acting as an astringent to the relaxed fibres. It is an excellent purgative for children, in whom there is generally a great deal of relaxation and morbid irritability of the stomach and bowels.

COMMON SALT.

Salt is tonic and stimulant, and its antiseptic properties are well known. Taken freely with the food it promotes digestion, strengthens the stomach and bowels, and corrects that morbid condition which favors the propagation of *worms*.* Dissolved in good brandy, it is an excellent wash for sore throat, and all kinds of ulcers; also to disperse scrofulous swellings, tumors, wens, &c. It is found also to be a valuable styptic; to stop internal bleedings, take a tea-spoonful frequently, and it may be used externally to stop the flow from wounds.

SARSAPARILLA.

SARSAPARILLA is an article too well known and appreciated to require an extended notice. It is alterative, and may be given with great advantage in various *obstinate internal chronic diseases*, in *swellings*, *ulcerations*, and in *local maladies depending upon constitutional indisposition*. It is of inestimable value in cases of extreme irritation and debility of the nervous mem-

* An ancient law of Holland provided that certain convicts should be kept on bread alone, unmixed with salt, as the severest punishment that could be inflicted upon them, in their moist climate; the effect was horrible, the wretched criminals are said to have been devoured by worms engendered in their own stomachs.

branes of the digestive organs and in general debility, also in syphilitic diseases, scrofula, cutaneous ulcerations, painful enlargements of the joints, and for *all taints of the blood*.

Much dispute has arisen in regard to the virtues of sarsaparilla, and its reputation has fluctuated, probably, more than any other article in the *materia medica*; but the unanimous judgment of medical men is now strongly in its favor. We are firmly of opinion that *the great secret* of its efficacy or want of power, lays in the mode of preparation. The medicinal virtue is principally located in a volatile oil, which water but imperfectly extracts, and heat dissipates. The cold, alcoholic mode of *displacement*, adopted by the Graefenberg Company is probably the most perfect process now in use by pharmacutists.

Sarsaparilla is seldom used alone. We combine with it a number of the best vegetable alteratives and tonics.

SUGAR OF LEAD.

SUGAR OF LEAD is a powerful astringent and sedative, of marked advantage in restraining *profuse bleeding* from the lungs, womb, bowels, nose, and almost all other internal parts; but, from its activity, must be given with caution. Physicians generally consider this salt as one of the most valuable resources in case of alarming hemorrhage from any internal organ, and believe it to be perfectly safe. It should invariably be united with opium. A grain of acetate of lead, with a fourth or half a grain of opium, may be made into a pill, and taken every six hours till the bleeding cease; in very urgent cases, it may be repeated every hour.

Ten or fifteen grains of this salt, dissolved in half a pint of water, with a table-spoonful of vinegar, makes an excellent wash for inflamed surfaces.

SULPHUR.

The alterative and diaphoretic properties of Sulphur render it serviceable in *chronic rheumatism, gout, cutaneous eruptions, and itch*. Its power in curing itch is infallible, and the common dose is one or two tea-spoonfuls of sulphur, with one tea-spoonful of cream of tartar, taken in milk or molasses.

Its continued use for two or three months, even in minute doses, is apt to produce very bad consequences.

SWEET SPIRIT OF NITRE.

This is an excellent refrigerent and diuretic, and very useful

in *fevers* to allay heat and quench thirst, and in *dropsy* as an adjunct to other diuretic remedies. Its operation is much increased by dilution with water, or other aqueous vehicle. In fevers, thirty or forty drops may be given every three hours, with two tea-spoonfuls of acetate of ammonia, and a wine-glass of water. In dropsy it may be given, a tea-spoonful at a dose, combined with other powerful diuretics.

TURPENTINE.

WHITE PINE, SOUTHERN OR PITCH PINE, are stimulant, emmenagogue, vermifuge, laxative, balsamic, pectoral, and vulnerary. The pitch, when fresh, and taken in the form of pills, is very useful in *pulmonary consumption*, *old coughs*, *rheumatism*, and *humoral asthma*. It is the basis of the common strengthening plasters, and is useful for pain in the back, side, and breast.

Made into pills, three or four may be taken two or three times a day. Digested in wine, it is excellent for rheumatism, and for suppressions of the menses.

The *spirits*, or *oil of turpentine*, is a good application to fresh cut wounds, and is a valuable remedy for dropsy, gravel, and obstructions of the urinary passages, and also for tape worm. A tea-spoonful may be taken, in a little mucilage of slippery elm, twice a day. For treatment of tape worm, see page 91.

VINEGAR.

VINEGAR is sometimes employed as a cooling medicine in fevers, being added to any common diluting drink. When taken into the stomach it is cooling, promotes a gentle perspiration, and the discharge of urine. In *fevers*, it may be used to acidulate toast water, or any other ordinary beverage of the sick. It is an efficacious remedy for scurvy, and one of the best means of counteracting the effects of over doses of opium, hemlock, and other narcotic poisons, and for this last purpose it should be given in doses of a table-spoonful, frequently repeated, after the stomach has been properly evacuated by an emetic; also to neutralize alkalies taken by mistake, or in over doses.

YEAST.

BREWERS YEAST makes a valuable poultice for inflammation and mortification; powdered slippery elm is an excellent addition. It is also very valuable in low *fevers* attended with putrid symptoms, *small pox*, *dysentery*, &c. Dose, a wine-glassful, mixed with milk and loaf sugar.

WE have thus given as full a description of the principal medicines, suitable for domestic practice, which are to be had of the apothecaries. A few minerals will be found among them, and though in all cases preferring vegetable substances, and fully believing that the vegetable kingdom furnishes a sufficient number and variety for the almost infinite wants of suffering humanity, yet we cannot deny that there are many mineral substances which have strongly marked and reliable medicinal properties; but while they give us temporary relief, we fear that too often a portion lodges in our bodies to sap the foundations of life; we therefore appeal to the common sense of every individual whether it be not wiser to seek for vegetable substitutes which, taken intelligently, do their work, and leave no trace behind.

MATERIA MEDICA.

SECTION SECOND.

We take great pleasure in here remarking, that the following collection, selected from a catalogue of several hundred articles, is almost exclusively American. Some of them are also common to other parts of the world, but many are indigenous to this country alone. We have thought it better not to encumber the work with doubtful or unimportant articles, though doubtless many well worthy a place are omitted. Another consideration kept in view is, that the people of the east and west, the north and south, will find a sufficient variety, common to their own particular region, to meet all the exigencies of disease.

It is worthy of remark, that scarcely any of these articles enter into the practice of the *regular faculty*; they rather go to the ends of the earth, seeking far-fetched remedies; they rather plunge into the deepest mysteries of science to find things new and difficult to obtain, and by chemical action and counteraction, by affinities and incompatibilities, they seek to arrive at more wonderful discoveries, to dazzle and bewilder the popular mind. Thus have they despised and neglected the means with which the Creator has so profusely decked the earth, "things of beauty," combined with rare medicinal power, sources of joy, health, and long life forever; for not a tree or shrub, not a plant or flower, but is medicinal in some of its parts; even the noxious

weeds which we spurn with our feet, and by every means endeavor to eradicate, are all charged with healing virtue.

Thus is the world blindfolded, thus is the knowledge possessed by the schools rendered unavailable, and the mass of mankind made slaves to this *mighty* profession. Well may it be said of them, "Ye have taken away the key of knowledge; ye entered not in yourselves, and them that were entering in ye hindered."

Again, we never look abroad upon the fair face of Nature, at the forests, the fields, the hedge-rows, and the waysides, but we see abundant refutation of homœopathy, in the thousands of vegetable productions, so wonderfully generative, that they seize upon every inch of vacant earth to rise and offer their healing virtues to man. We have often asked ourselves, can it be that all these things are made in vain? And yet on homœopathic principles the earth yields, annually, medicinal plants enough to supply a thousand worlds like this.

Our humble effort has been to lift the veil from the darkened subject of medical science; to bring the public mind back to the simple principles of Nature, and a more correct appreciation of vegetable remedies. Our medicines and materia medicas are offered to a common sense people, who cure diseases on the simple principle that every bane requires an appropriate antidote. We close, heartily recommending every person, old and young, especially parents, to make themselves well acquainted with the following

VEGETABLE MATERIA MEDICA.

BLACK ALDER.—*Prinos verticillatus*.—Bark, leaves, berries.

The Black Alder is a common shrub; grows ten to twenty feet high, in marshy places, in nearly all the States. It is alterative, astringent, tonic, and diuretic. A decoction, drank morning and evening, is useful in *great debility, consumption, jaundice, and dropsy*. A tincture of the berries is a very successful remedy for worms in children. Dose; a tea-cupful of the decoction, or a tea-spoonful of the tincture, two or three times a day.

PRICKLY ASH. *Xanthoxylum Fraxineum*. Bark and berries.

Prickly Ash is a prickly shrub, rising about six feet in height, found in the Southern, Middle and Western states. It is aromatic, carminative, sudorific, and stimulant. Used in *rheumatism, fever and ague, pain in the breast, and general debility*.

Prepared in the form of tea or tincture, and drank as freely as the stomach will bear.

AVENS ROOT.—CHOCOLATE ROOT.—*Geum rivale*.

Is a perennial plant, rising about two feet high; grows wild throughout the United States; is astringent, styptic, tonic, febrifuge, and stomachic. Excellent in *intermittents*, *dysentery*, *chronic diarrhœa*, *wind cholic*, *asthma*, and cases of *general debility*, *whites*, *flooding*, and *stranguary*. Used as a chocolate at meals, is excellent.

Dose, about a pint a day of the decoction, or about one scruple of the powder, mixed with honey, taken three times a day. It has restored to health the most shattered constitution by its continual use, and is probably the most effectual of any one article in arresting a consumption.

ANGELICA.—*Angelica atropurpurea*.—Root, herb, and seeds.

This is a biennial plant, from two to four feet high, flowers in July, and flourishes by the waysides in nearly all the States.

An excellent *discutient*, *carminative*, and *aromatic*. Combined with tonics, it will cure wind cholic, pain in the stomach, and debility. The fresh roots, bruised, and laid on an inflammatory tumor, will disperse it. Steeped in vinegar, and drank, is an infallible preservative against epidemics or infection; it gives strength and tone to the stomach, and creates an appetite.

A tea-spoonful of the powdered root may be taken morning and evening, as a tonic; or a strong tea made, and half a tea-cupful drank as above.

BALM.—LEMON BALM.—*Melissa officinalis*.—The leaves.

A perennial plant, rising two or three feet high; flowers white; grows in low, wet lands, throughout the United States. Is aromatic, sudorific, and stimulant; useful in *fevers*, *pleurisy*, and *faintness*. A cooling drink. A tea-cupful of the tea drank three or four times a day.

BALM OF GILEAD.—*Populus balsamifera*.—Buds.

The Balm of Gilead tree is a native of Arabia, and grows in the Northern and Eastern States. The buds are gathered in the spring, as they begin to swell; are emollient, demulcent, and carminative. Good in *coughs*, *shortness of breath*, *pain in the breast*, and *debility*.

Tincture; bruise three ounces of the buds, and pour on one

quart of best brandy, to stand five days. Dose, a table-spoonful in a little water, sweetened, three times a day. For *enlargement of the spleen*, or *inflammation of the pleura*, it is a specific. Excellent, also, for fresh *cuts or wounds*.

BALMONY, OR SNAKE-HEAD.—(*Chelone glabra*.)

Grows in wet ground; a good *bitter tonic*, given in fevers and jaundice. A tea is an excellent vermifuge for children.

BARBERRY.—*Berberis vulgaris*—The bark and leaves.

A shrub growing from one to six feet high, from Canada to Virginia; very common in New England. It is acid, sub-astringent, refrigerent, and antiseptic. The berries contain an acid and red juice, which forms a pleasant and useful drink for *hemorrhage*, *malignant fevers*, *abating heat*, *raising the strength*, *quenching thirst*, and *preventing putrefaction*. The bark, infused in wine or cider, is effectual in the cure of *jaundice*. A jam, made of the ripe berries, has cured *putrid fever* and *bilious diarrhœa*, and *dysentery*. Dose, a wine-glassful twice a day.

BAYBERRY.—WAX MYRTLE.—*Myrica cerifera*.—Bark of root.

A shrub rising three or four feet high; native of the United States; grows on the sea shore, from Canada to Louisiana. It is astringent, stimulant, tonic, and diaphoretic. It is eminently useful in *scrofulous affections*, *jaundice*, *dysentery*, and *dropsy*, taken in powder or tea made of the bark. A poultice made by bruising the bark, and simmering it in water, and stirring in indian meal or slippery elm flour, till it obtains the proper consistence, then applied to a *scrofulous ulcer*, will effectually cure.

Bayberry is the most valuable production of this or any other country. A wax is made by boiling the berries, that forms a salve for all ulcers or old sores, superior to most of the salves in use.

Dose, a tea-spoonful of the powder twice a day, or a wine-glass of the tea drank either cold or hot.

BELLADONA.—DEADLY NIGHTSHADE.—*Atropa belladonna*.

This plant grows about old waste places and along waysides, and is often cultivated in gardens.

It is discutient, narcotic, and anodyne. A drop or two of the tincture, given in a little water, is infallible in *scarlet fever* and *putrid sore throat*. A poultice made of the powdered leaves and vinegar, laid over a *cancer*, or *cancerous tumor* twice a day, is

an infallible remedy. A table-spoonful of the decoction may be taken two or three times a day.

Care should be taken not to give an over-dose. An over-dose produces vertigo, heaviness of the head, and dilation of the pupils of the eye.

BENNE PLANT.—*Sesamum indicum*.—The leaves.

An annual plant, growing about one foot in height. It is demulcent, mucilaginous, febrifuge, antiseptic, balsamic, and diuretic. A few leaves, dipped in cold water, makes a clear mucilage for bowel complaints of children. It makes a very useful and pleasant drink in *low fevers, inflammation of the lungs or bowels*. It has relieved and cured *cholera infantum, catarrh in the head, and inflammation of the kidneys*.

It is drank freely, without nicety as to dose, cold or hot.

BETH ROOT.—INDIAN BALM.—*Trilium purpureum*.—Root.

This very useful plant is a native of North America. Root perennial stalk rising about one foot high.

Astringent, pectoral, tonic, antiseptic, and alterative. It is an admirable medicine in all species of female weakness and debility. Dr. Beach says, "he has employed an infusion of this successfully in the treatment of *fluor albus, bearing down of the womb, and after parturition*, to astringe the uterine organs."

The powdered root may be given in tea-spoonful doses, or add a pint of water to a table-spoonful of the powder; drink freely. Externally it is used in form of poultice alone, or combined with blood-root, is effectual in *gangrene, carbuncle, or inflamed ulcers*. The infusion, drank freely, is certain to restrain bloody urine, flooding, and other hemorrhages.

BITTER ROOT.—*Apocynum androsæmifolium*.—The root.

This plant rises two or three feet high; flourishes in all parts of the United States. Is emetic, cathartic, diuretic, and diaphoretic. Useful in *rheumatism, whooping cough, dropsy, asthma, and intermittents*. May be taken in powder, tincture, infusion, or decoction. Should be taken in small doses, as the stomach will bear it.

BITTER SWEET.—*Solanum dulcamara*.—Bark and twigs.

This plant rises eight or ten feet high, and entwines around the trees as a vine; where there is no trees, it creeps along the

ground, and frequently strikes new roots. It grows in low ground, and is sometimes taken for ivy.

This invaluable medicine has been overlooked by the schools, and its virtues are known and appreciated by but few. It is powerfully discutient, detergent, and resolvent. As an external application, make an ointment by boiling the bark in lard. Is excellent in discussing *hard tumors*, or ill-conditioned *ulcers*, *rheumatism*, *scrofulous*, or *schirrhous* diseases. **CANCERS** of the breast have been cured by the application of the juice over the cancer, and the green leaves applied over the breast. For internal use, boil half a pound in one gallon of water.—Dose, a gill three times a day. Good in *fevers*, *dropsical swellings*, *jaundice*, *whites*, and *obstructed menses*. It increases all the secretions and excretions, particularly sweat, urine and stool, and excites the heart and arteries.

BLACKBERRY.—*Rubus occidentalis*.—The root and berries.

It is astringent, tonic, febrifuge, and demulcent. The decoction of the roots, or a jam of the fruit, is excellent in *dysentery*, *chronic diarrhœa*, *cholera infantum*, or *summer complaint*. It often proves a sovereign remedy when all other means fail. A tea drank freely.

BLOOD ROOT.—*Sanguinaria canadensis*.—The root.

This plant is perennial, a native of this country, rising about six or eight inches high. The root is emetic, sudorific, emmenagogue, detergent, expectorant, and pectoral. Useful in *bleeding at the lungs*, *croup*, *scarlet fever*, and *pulmonary affections*. Dose, of the powdered root, as an emetic, ten to fifteen grains; ten drops of a saturated tincture, three or four times a day, for *jaundice*, or *liver complaint*; two or three drops, as an expectorant for *croup*, *asthma*, or *consumption*; and a tea-spoonful of the infusion is a medium dose.

BLUE FLAG.—**FLOWER DE LUCE.**—*Iris versicolor*.—The root.

It is slightly narcotic, emetic, and cathartic; it is powerfully tonic and stimulant; in small continued doses it is a drastic purge, a vermifuge, diuretic, and errhine; it is a complete substitute for calomel, without any of its bad effects on the system. The plea that the vegetable kingdom contains no equivalent to mercury is no longer tenable. Let physicians use but this, and they will find that vegetable remedies are fully competent to all the wants of the afflicted. Dr. Smith says, "I have destroyed *tape worm* with this alone."

Dose ; for an adult, twenty grains of the powdered root will purge freely. Five to ten grains, as an alterative, or a tincture, combined with other articles. A table-spoonful three times a day. Great care should be taken not to give an over-dose.

BONESET.—THOROUGHWORT.—*Eupatorium perfoliatum*.

This plant is a valuable sudorific, tonic, alterative, antiseptic, laxative, emetic, febrifuge, diuretic, astringent, and stimulant. It is one of the most powerful remedies of the materia medica, it is applicable to so many of the wants of human life. Taken in warm infusion is slightly emetic ; a cold infusion, drank freely, is a gentle laxative ; it is superior to camomile as a sudorific, and more powerful than barks in the treatment of autumnal fevers of low marshy countries, and will cure when other tonics fail. Dr. Hosack speaks very highly of this plant as a diaphoretic in the cure of yellow fever. A tea-cupful of the cold tea, drank two or three times a day, is one of our best remedies for *dyspepsia*.

BUCKTHORN.—HAWTHORN.—*Rhamnus catharticus*—Berries.

A syrup made of the berries is a mild cathartic, very highly esteemed in the cure of *dropsies*, *rheumatism*, and *gout*. Dose ; a table-spoonful as a cathartic.

BUGLE.—WATER HOREHOUND.—*Lycopus virginicus*.

Is sedative, subastringent, and pectoral. It is an invaluable remedy for *bleeding* at the *lungs* and all internal *hemorrhages* ; a valuable remedy for *coughs* and *incipient consumption*. A decoction, drank freely, is a sovereign remedy for *bronchitis*, or inflammation of the mucous membrane of the throat or lungs.

BURDOCK.—*Arctium lappa*.—The root, leaf, and seed.

An excellent remedy for *salt rheum*, and all diseases of the skin. Decoction drank freely.

BUTTERNUT.—WHITE WALNUT.—*Juglans cineria*.

The bark is an excellent cathartic ; it excites the liver, strengthens the digestive organs, and does not leave the bowels costive, as many other cathartics do. A wine-glass of the decoction is a dose for an adult. The inner bark laid on the skin, will excite a blister.

CANCER ROOT PLANT.—BEECH DROP.—*Epiphegus virginiana*.—The whole plant.

The beech drops are a powerful astringent, said to be very

useful given in the form of tea, three or four times a day, for *erysipelas*, or *canker sore throat*, and the inflamed part bathed with the decoction, unsweetened. *Cancers* have been cured by the application of the juice of the fresh roots, laid on with cloths, changed often. Boil half a pound of the herb to two quarts. Dose; a tea-cupful three times a day, sweetened.

CARROT.—WILD CARROT.—*Daucus, carota.*—Seeds and roots.

This plant is strongly diuretic, acting upon the urinary organs. Given in strong decoction, it is very useful in gravelly complaints, dissolving the stone and removing the gravel.

CATNIP.—CATMINT.—*Nepeta cataria.*—Leaves and flowers.

Is diaphoretic, carminative, diluent, and refrigerent. Useful in all kinds of *fevers*, producing perspiration without increasing the heat of the body. Although simple, it is very efficacious in fevers; in colds it produces a profuse perspiration, which throws off the cold, and restores the patient to his ordinary health without loss of strength. Used externally in painful swellings, in form of poultice; and decoction drank *ad libitum*.

CELENDINE.—GARDEN CELENDINE.—*Chelidonium majus.*

This plant grows in all parts of the United States. The properties of the plant are acrid, stimulant, detergent, diuretic, and discutient. The juice rubbed on *warts* cures them; an ointment made of the celendine is excellent for removing *ringworm*, *tetter*, and *salt rheum*. Drank without nicety as to dose.

CHERRY.—WILD CHERRY.—*Prunus virginiana.*

Is an article of great value and importance, combining the virtues of a tonic, with the power of diminishing *nervous excitability*, and therefore it is admirably adapted to the treatment of those diseases in which a debilitated condition of the stomach is united with general or local irritation.

The infusion of the bark is useful in dyspepsia, palpitation of the heart, diseases of the lungs, female obstructions, jaundice, fever and ague, bilious fevers, dysentery, and involuntary discharge of urine.

Given in the form of infusion, made cold, as a tonic or sedative; hot water destroys its sedative powers. Dose; a wine-glassful of the decoction, three times a day.

CICUTA.—POISON HEMLOCK.—*Conium maculatum.*—Leaves.

This is powerfully acrid, narcotic, and resolvent, used as a

poultice to discuss hard *schirrous tumors*, and *cancerous affections*.

CLEAVERS.—GOOSE GRASS.—*Galium aparine*.—The herb.

Cleavers is a powerful diuretic, and is a speedy remedy in all suppressions of the *urine* and *gravelly complaints*, *dropsies*, and *eruptive complaints*. Dose; a tea-cupful of the infusion three times a day.

COHOSH.—BLACK SNAKE ROOT.—*Actea racemosa*.—The root.

There are four species of this plant in the United States possessing medicinal virtues. The black cohosh is stimulant, expectorant, alterative, and tonic. It is highly serviceable in *rheumatism* and *gout*. A tincture of two ounces of the root, in one pint of brandy. Dose; two table-spoonfuls in a little water, two or three times a day. For *coughs* and *consumption* it has been esteemed infallible, used as above; or in decoction, a tea-cupful three times a day.

COLCHICUM.—MEADOW SAFFRON.—*Colchicum autumnale*.—The root and seed.

Meadow saffron is sedative, cathartic, diuretic, and expectorant; employed with advantage in *rheumatism*, *dropsies*, and *asthma*. Infused in wine, it is a popular remedy for *gout*. Dose; five or six grains, three times a day.

COMFREY.—*Symphitum officinalis*.—The root.

Comfrey is found in the middle and western States. Is demulcent, mucilagenous, astringent, and carminative. Highly serviceable in *female weakness*, *pulmonary affection*, *coughs*, and *bronchitis*. A syrup is excellent to allay *inflammation* of the *intestines* from *diarrhœa* or *dysentery*. It prevents the spitting of blood. A poultice of the fresh roots is a capital application for bruises, ruptures, fresh wounds, sore breast, ulcers, or *schirrous tumors*. Dose a table-spoonful of the syrup, three times a day, or a tea-cupful of the infusion drank *ad libitum*.

CORIANDER.—*Coriandrum sativum*.—The seed.

This is an annual plant; aromatic, stimulant, and carminative. Good in *agues*, *fevers*, and *hysterical affections*.

CRAWLEY.—FEVER ROOT.—*Corallorhiza odontorhiza*.

This plant rises about six inches in height; although not abundant, is found in most of the States; is indigenous and

perennial. It is powerfully febrifuge, anodyne, sudorific, and carminative. Given in powder, a small tea-spoonful in a little herb tea, every hour, will effectually break up *typhus fever*, even of long standing. If this root was generally used, death from any species of fever would be rarely known. To a tea-spoonful of the root, add half a pint of boiling water; drink freely; will produce copious perspiration, without any excitement, or increasing the heat of the body; useful in all nervous affections, night sweats, and palpitation of the heart.

CULVERS ROOT.—BLACK ROOT.—*Leptandria virginica.*

The root is an excellent cathartic; it operates with mildness and certainty, without debility. In typhus and bilious fever, it removes *black, tarry matter*, from the intestines. Dose; a tea-spoonful in half a tea-cupful of boiling water. If it does not operate in three hours, repeat the dose.

DANDELION.—*Leontodon taraxacum.*—The root and leaves.

The dandelion is deobstruent, diuretic, hepatic, subtonic, and aperient; is excellent in *liver complaints, dropsy, jaundice, hypochondria*, and *obstructions*. The fresh juice of the leaf and root, taken three or four times a day, will effectually overcome *schirrous*, or *hardness of the liver*. A decoction, drank freely, is useful in all *dropsical complaints, gravel*, and *kidney complaints*. It removes all visceral obstructions of the urinary passages, kidneys, and spleen; it is also decidedly beneficial in an irritable condition of the stomach and bowels. Usually given in extract or decoction, *ad libitum*.

DOCK.—YELLOW DOCK.—SOUR DOCK.—*Rumex crispus.*

The dock is astringent, subtonic, and detergent. The decoction of this root, drank freely, is said to be useful in *cancer*. A poultice of the fresh root should be laid on the cancer. It is also useful in all *glandular* or *eruptive diseases*. An ointment, made of the fresh roots, has a high reputation for curing the *itch*, or other diseases of the skin. A decoction is useful in all diseases of the liver, and for purifying the blood. The powdered root is an excellent dentrifice, especially for spongy gums. There are several species of the yellow dock, but all possess similar virtues. Dose; a tea-cupful of the decoction, three times a day.

DOGWOOD.—BOXWOOD.—*Cornus florida.*—Bark and flowers.

The dogwood is a small indigenous tree, flourishing in all

parts of the United States. It is astringent, tonic, antiseptic, and febrifuge; useful in remittent and intermittent fevers; an excellent substitute for Peruvian bark. The berries, infused in brandy, make an excellent bitter. Dose; a tea-spoonful of the powdered bark in a pint of boiling water, a tea-cupful three times a day.

ELDER.—SWEET ELDER.—*Sambucus canadensis*.

Every part of this plant possesses medicinal virtues. It is laxative, diuretic, alterative, antiherpetic, and deobstruent. An ointment made from the leaves or bark, is very useful in removing eruptions of the skin; or a poultice is good for inflammations. A tea of the flowers is excellent to purify the blood, and remove the hepatic affections of children, and costiveness. The bark, simmered in wine, is a remedy for the dropsy. Dose; half a wine-glass, twice a day.

ELECAMPANE.—*Inula helenium*.—The root.

Is powerfully tonic, stomachic, laxative, diuretic, and diaphoretic. It attenuates *viscid phlegm*, relieves *humoral coughs* and *asthma*, excites urine, and insensible perspiration; gently loosens the bowels, and gives tone to the stomach, and strengthens the system generally. Elecampane, comfrey, and slippery elm, boiled to a syrup, is an excellent remedy for a cough. Dose; a table-spoonful three or four times a day.

ELM.—SLIPPERY ELM.—RED ELM.—*Ulmus fulva*.—The bark

The elm is demulcent, diuretic, pectoral, deobstruent, emollient, and refrigerent. An infusion of the bark, used as a diet drink, is useful in *pleurisy*, *sore throat*, *pneumonia*, *inflammation of the lungs*, *bowel complaints*, *stranguary*, *gleet*, and all diseases of the *urinary organs*. As an external application, in the form of poultice, it has no superior; it allays *inflammation*, stops the progress of *mortification*, cures *chilblains*, *burns*, *cutaneous diseases*, *fresh wounds*, *felons*, *old ulcers*, *tumorous swellings*, and *erysipelas*.

A tea is very useful for pregnant women; drank from the seventh month it assists nature, and causes an easy and speedy delivery. Drink *ad libitum*.

FEVER ROOT.—HORSE GENTIAN.—*Triosteum perfoliatum*.

Grows throughout the United States. Is cathartic, emetic, tonic, antiseptic, and sudorific. It creates an appetite, and

enables the stomach to bear and digest solid food, and cures dyspepsia and indigestion.

Pour a quart of boiling water upon two ounces of the bruised root at night, let it stand till morning. Take a tumbler full before eating in the morning, and on retiring at night, for three weeks without intermission, is an infallible remedy for *king's evil*, or *scrofulous eruptions*. If the tumors should be hard, wash them with a strong infusion of blue flag.

FERN.—**MALE FERN.**—*Aspidium filix-mas.*—The root.

The male fern is pectoral, astringent, diuretic, tonic, anthelmintic, and laxative. A decoction of the root, drank freely, is excellent for the *bronchitis* and pulmonary *consumption*, *female weakness*, and *coughs*. But male fern is most valuable as a remedy for *tapeworm*; take from one to three drachms of the powdered root, in honey, molasses, or syrup, morning and evening, for two or three days; then give a brisk purge of the Vegetable Pills.

FOXGLOVE.—*Digitalis purpurea.*—The leaves.

This is an indigenous biennial plant. Its medicinal properties are narcotic, sedative, and diuretic. It diminishes the activity of the pulse, and the general irritability of the system, and increases the action of the absorbents. Very useful for *dropsy*.

FROSTWORT.—**FROSTWEED.**—*Cistus canadensis.*—The leaf.

Frostwort is found growing in the middle and western States. It is an effectual remedy for scrofulous complaints, or *king's evil*. Drink a strong tea, three times a day, and wash the tumors with the same. It seldom or never fails.

GINSENG.—*Panax quinquefolia.*—The root.

This is an excellent remedy for gravel, or dropsical complaints. Infused in Jamaica spirits, forms a very superior tonic for *weak* and *debilitated patients*. Dose; a table-spoonful three times a day.

GOLDTHREAD.—**MOUTH ROOT.**—*Coptis trifolia.*—The root.

An excellent gargle for ulcerated or canker sore mouth, and the tincture is highly serviceable in restoring the usual strength after fevers, or general debility. Dose; a strong tea drank freely, and used as a gargle.

GOLDEN SEAL.—YELLOW PUCCON.—*Hydrastis canadensis*.

This plant is indigenous, and flourishes in all parts of the United States. It is exceedingly bitter, gently laxative, opthalmic, detergent, and stimulant. It is a very appropriate bitter in *dyspepsia*, *constipation*, and all *diseases* of the *liver*, or other digestive organs. The juice of the root is used by the Indians as a wash for sore or inflamed eyes. A bitter, made of the golden seal, forms one of the best correctors of the bile that can be given. Directions; two ounces of the powdered root, infused in one quart of brandy. Dose; from a tea to a table-spoonful, in water, three times a day.

GUIACUM.—LIGNUM VITÆ.—*Guaiacum officinale*.—The wood.

This tree is a native of the West Indies. It is deobstruent, alterative, diaphoretic, and diuretic. Useful in *gout*, *chronic rheumatism*, *cutaneous* and *scrofulous affections*. Given in decoction or syrup; the gum given in powder or tincture. A wine-glass of the decoction, two or three times a day, or a large tea-spoonful of the tincture.

HARDHACK.—*Spiræa tomentosa*.—The leaves.

Hardhack is a native shrub, rising about two feet high, flourishing in the northern States. It is tonic and astringent; an excellent remedy for summer complaint in children. It appears to be better adapted to the stomach than any other of the astringents; therefore peculiarly adapted to the cure of *chronic diarrhæa* and *dysentery*. Dose; for *children*, a table-spoonful of a strong tea, sweetened with white sugar, three or four times a day.

HEMLOCK.—*Pinus canadensis*.—The bark, leaves, and gum.

The hemlock is a common forest tree, growing in most parts of North America. The boughs and leaves are employed for fomentations in *colds*, *rheumatism*, and *fevers*. The bark makes an excellent wash for the falling of the bowels, or womb. The gum is made into a plaster, and is much celebrated as a specific in *rheumatism*.

HENBANE.—BLACK HENBANE.—*Hyoscyamus niger*.—Leaves.

This is a narcotic poison; should be administered internally with great caution. It forms an excellent poultice for *inflamed* or *schirrous swellings*.

HOARHOUND.—*Marrubium vulgare*.—The leaves and stalks.

The leaves are deobstruent, pectoral, tonic, aperient, sudorific,

and laxative. In the form of tea or syrup, it is invaluable in *asthma, coughs, catarrh, consumption, and jaundice*. The fresh juice may be taken, a table-spoonful daily, in new milk; or a wine-glass of the decoction three times a day.

HOP.—*Humulus lupulus*.—The flower.

Hops are an agreeable bitter, anodyne, and diuretic. Given to relieve *pain, jaundice, indigestion, dropsy, and worms*, taken in the form of tea. A poultice or fomentation of hops may be laid over the stomach and bowels, to relieve pain.

HYSSOP.—*Hyssopus officinalis*.—The herb.

The leaves of the hyssop are the best remedies in humoral *asthma*. It is excellent in *coughs*, and all disorders of the *head, breast, or lungs*. Taken in tea, without much nicety as to dose. A poultice of the leaves mitigates pain, and in a bruise it disperses every mark of blackness from the part affected.

INDIAN HEMP.—INDIAN PHISIC.—*Apocynum cannabinum*.—Root.

This is a perennial, indigenous plant, rising about two feet high. It is emetic, cathartic, diaphoretic, diuretic, and expectorant. Useful in *rheumatism, dropsies, and asthmatic coughs*. It is, however, most useful in *dropsies*. A decoction of half an ounce of the dried root, boiled in a pint and a half of water to a pint; taken in doses of three table-spoonfuls, three times a day, is considered as an infallible remedy in *dropsy*.

INDIAN TURNIP.—WAKE ROBIN.—*Arum triphyllum*.—Root.

This is an indigenous, perennial root; the plant rises from one to two feet high. It is powerfully acrid, stimulant, carminative, diaphoretic, restorative, and expectorant. It is an excellent remedy for *flatulence, wind cholic, cramp in the stomach, asthmatic and consumptive affection, typhoid fevers, pain in the breast, chronic catarrh, and deep seated rheumatic pains*.

Direction. This root must be used in substance or in syrup, as it does not impart its pungency to any liquor. Grate the green root, and mix with molasses till you make a paste. Take half a tea-spoonful three times a day; or make a syrup with slippery elm or marsh mallows; a table-spoonful is a medium dose.

JUNIPER.—*Juniperus communis*.—The tops and berries.

The berries, infused in gin, are diuretic, carminative, diaphoretic, and stimulant. Useful in *dropsy, inflammation of the*

kidneys, or urinary organs, female obstructions, and jaundice. A syrup made with it and sage, is a specific for *coughs*. Dose ; a table-spoonful of the syrup ; half a wine-glass of the tincture for an adult.

LADIES SLIPPER.—NERVINE.—*Cypripedium flavum*.—Root.

This plant is perennial and indigenous ; grows in the eastern, middle, and western States. It is sedative, nervine, anodyne, antispasmodic, and demulcent. It is a substitute, in all cases, for valerian ; given in decoction, infusion, or tincture. A decoction made by pouring one pint of boiling water upon half an ounce of the bruised root ; let it stand till cold, and drink from half to a whole tea-cupful, twice or three times a day. In *epilepsy, hysteria, and low fevers*, it has no superior in the materia medica. It will quiet the system under strong excitement, without producing the stupifying effect of opium or other narcotics. It seems to possess peculiar power over the nervous system, both to allay excitement and promote sleep, without slackening the arterial circulation, or diminishing the action of the heart and arteries. The patient wakes up without that sense of fright or alarm, or heaviness, which is occasioned by the use of opium ; but with the body refreshed, and the mind calm, as when awaking after a pleasant dream. *Nervous headache, tremors, neuralgia, tic douloureux, night sweats, and all nervous affections.* A tea-cupful of the tea, drank morning and evening, for five or six days, has relieved when other remedies have failed. In *jaundice, and bilious fever*, the ladies slipper is more efficacious when united with mild tonics

LIFE ROOT.—RAG WEED.—*Senecio aureus*.—The whole plant.

This is an indigenous, perennial plant, useful in *spitting of blood, convulsive affections, asthma, and gravel*. Used in decoction, as the stomach will bear it.

LILY.—WHITE POND LILY.—*Nymphaea odorata*.—The root.

This root is demulcent, emollient, and carminative, useful in *uterine fluxes, gleet, and whites*. Drink a strong decoction freely. A poultice of this root and slippery elm, makes a very good remedy for *bruises, wounds, ulcers, and white swellings*.

LIVERWORT.—*Hepatica triloba*.—The whole plant.

Root perennial, indigenous, subtonic, subastringent, and demulcent ; useful in *hepatic affections, dropsies, and fevers*, but

more particularly serviceable in *coughs, bleeding at the lungs, and pulmonary consumption.*

LOBELIA.—EYE BRIGHT.—EMETIC WEED.—*Lobelia inflata.*

Lobelia is an annual or biennial native plant, found growing in all the States. It is emetic, stimulant, antispasmodic, diaphoretic, sialogogue, and expectorant.

Lobelia is the most efficient emetic there is in the vegetable kingdom. It vomits kindly, without straining; it possesses anti-spasmodic and stimulating powers that no other emetic possesses. It brings no cramp in its operation, but gently relaxing the muscular fibre, allows the operation to proceed without pain or retching; and its peculiarly stimulating powers happily adapt it to the treatment of *bilious, remittent, and typhoid fevers.*

It does not remove the recently taken food, or chyle, from the stomach, but seems to exert all its strength against that cold morbid slime, or phlegm, which is the cause of the fevers, and removes it from the bottom, leaving all that is bracing to the stomach; so when the operation is over, the patient finds his strength is not diminished, as in the use of other emetics. Just as the Lobelia is about to operate, there is a sudden prostration of the animal fibre, a sense of sinking and depression.

But for this distressing feeling, which never lasts much over a minute, and always passes off without injury, this would be the desideratum wanted in medical practice. The injudicious use of Lobelia by the Thomsonian practitioners, has excited a prejudice against it, and prevented the proper appreciation of its usefulness by the regular faculty.

In *spasmodic asthma* it is most efficacious, and in *hives* and *croup* in children, it has broken up the disease even in its worst form.

In *rheumatism*, it has often proved a remedy when other means have failed. Lobelia is safe and efficacious as an emetic, much more so than emetic tartar. From its peculiarly irritating qualities, it cannot be dangerous whether the dose be small or large; when a certain amount of irritation is produced, the whole is ejected from the stomach. The story that it has proved fatal is not true, and must have had its origin in malice, ignorance, or prejudice.

Directions. Lobelia may be given in powder, tea, or tincture, half a tea-spoonful of the powder in a little warm water or herb tea, every ten minutes. Of the tincture, from one to four

tea-spoonfuls in a little herb tea, once in ten minutes, till it operates. Plenty of warm drinks should be taken during the operation.

MARSH MALLOW.—*Althæa officinalis*.—The root and leaves.

This is a native perennial plant, growing throughout the United States. It is emollient, mucilagenous, diuretic, astringent, and pectoral. In *hoarseness*, *asthma*, and *inflammatory* diseases, it is highly serviceable; also in dysenteries, and all disorders of the urinary organs.

MANDRAKE.—MAY APPLE.—*Podophyllum peltatum*.—Root.

This is a well-known native plant, rising one or two feet high, growing in the northern or western States. It is cathartic, emetic, sudorific, anthelmintic, hydragogue, antidyspeptic, and deobstruent. It is one of the best of our native vegetable cathartics. Given in small doses, it has that peculiar alterative effect in the removal of disease that is ascribed to mercury. It acts upon all the secretions and excretions of the body. Its specific action on the liver, in promoting the secretion of healthy bile; its efficacy in quickening the action of the secreting and excreting organs; shows that it has the power over the living fibre, in promoting the visceral action of the system, that has been ascribed to calomel; and physicians, if they would but try our own vegetable remedies, would save a world of suffering produced by the mal-administration of mercury. Mandrake may be administered alone in powder, or combined with other remedies. It may be taken in powder, infusion, or decoction. It is perfectly safe and pleasant in its operation, and when done it passes off and leaves the system free. It is not fatal if perchance you drink cold water, or step out of door while under the operation; while calomel fastens on the bones and solids, and remains like a corroding canker, rendering vast numbers feeble and debilitated for life.

Directions. Mandrake is generally administered alone, in powder, as an emetic; a tea-spoonful, in a little syrup or molasses. Take Mandrake and spearmint, equal parts, well mixed, two tea-spoonfuls is a dose, as a cathartic; may be taken in warm herb tea, syrup, or honey. A tincture, in tea-spoonful doses, is excellent in dyspepsia and indigestion.

MARJORAM.—SWEET MARJORAM.—*Origanum marjorana*.

This plant is a powerful diaphoretic, stomachic, and sudorific,

used in decoction for *coughs, asthma, chlorosis, and female obstructions.*

MARSH ROSEMARY.—*Statice limonium.*—The root.

Grows in salt marshes along our whole sea coast. The root is astringent, antiseptic, and expectorant. It is very beneficial in *dysentery, gleet, hemorrhage of the bowels, or whites.* It is highly serviceable in *putrid sore throat.* Dose; half a tea-cupful of the tea, twice a day.

MAYWEED.—WILD CHAMOMILE.—*Anthemis cotula.*—The herb.

An excellent sudorific for colds, and tonic in fevers. A tea drank freely.

MEZEREON.—*Daphne mezereum.*—The bark of the root.

It is a stimulant and diaphoretic, and is used in chronic *rheumatism.* It is generally combined with Sarsaparilla, and given to purify the blood.

MILKWEED.—SILK WEED.—*Asclepias syriaca.*—The root.

It is diuretic, emmenagogue, diaphoretic, and vermifuge. Given in decoction, a strong tea of the root, drank half a pint three times a day, is almost a specific in *dropsy, in suppression of urine, and inflammation.*

MOTHERWORT.—*Leonorus cardiaca.*—Root and herb.

Flourishing in all parts of the United States. Is strongly diaphoretic, antispasmodic, and emmenagogue. It relieves *hysterical symptoms, abates delirium, and quiets to sleep.* A tea drank brings on the *menses, allays fever, and checks nervous convulsions.* A tea drank freely.

MOUNTAIN DITTANY.—HORSE MINT.—*Cunila mariana.*

Dittany is stimulant, nervine, cephalic, and sudorific. Excellent in *nervous headache, tic douloureux, and hysterical disorders, epilepsy, and night sweats.* A tea of the herb drank freely.

MOUNTAIN MINT.—*Origanum vulgare.*—The herb.

A tea of this plant is excellent for *rheumatism, colds, and fever and ague.* An essential oil, of the Mountain Mint is sold and used as a liniment, for *rheumatism, and for toothache.*

MUGWORT.—*Artemesia vulgaris.*—The herb.

This is excellent for *dropsy, promotes urine, and the menses, removes worms, and spasmodic affections.*

MULLEIN.—*Verbascum thapsus*.—The leaf and flowers.

The leaves of this well-known plant have a subastringent, bitterish taste; is mucilagenous. Is beneficial in *inflammations, catarrhs, and diarrhæa*; also good for the *piles*.

MYRRH.—*Balsamodendron Myrrha*.—The gum.

Myrrh is a product of Arabia and Abyssinia, and is a very ancient medicine; it is stimulant, pectoral, subtonic, expectorant, diaphoretic, astringent, and alterative. It is useful in *indigestion, green sickness, pulmonary consumption, asthma, rheumatism, and inflammation of the lungs*. The tincture of myrrh is useful for spongy gums, for a gargle in putrid sore throat, and a stimulating wash for old ulcers.

The dose of powder is from ten to thirty grains, or a tea-spoonful of the tincture.

NANNY BUSH.—BLACK THORN.—*Viburnum lentago*.—Bark.

A tea of the bark, drank freely, is useful for *colds, fevers, sore throat, and dyspepsia*.

NETTLE.—*Urtica dioica*.—The root and flowers.

This is an excellent plant; the juice of the green herb, or root, is a sovereign remedy for *bloody urine, whites, and incipient consumption*. A small tea-spoonful, in wine, is a medium dose.

OAK.—WHITE OAK.—*Quercus alba*.—The bark.

The bark is astringent, antiseptic, tonic, and alterative. A poultice, or wash, is used in *prolapsis uteri, hernia, rupture, and ulcers*. An ointment is very serviceable in *canoers*.

PARSLEY.—Excellent to promote the discharge of urine.

PEACH.—*Amygdalus persica*.—The bark, leaves, and pits.

A decoction of the leaves given to children, and followed by a brisk purge of Vegetable Pills, will bring away *worms*. A tincture of the pits, with brandy, given in tea-spoonful doses, is a powerful tonic, and remarkably efficacious in curing *whites, hemorrhage, urinary obstructions, and fever and ague*; taken three or four times a day.

PENNYROYAL.—*Hedeoma pulegioides*.—The herb.

Pennyroyal is an indigenous annual plant, growing throughout the United States. Is carminative, pectoral, diaphoretic, and

stimulant. An infusion or tea given, is a popular remedy for *suppressed menses, gravel, suppressed urine, and hysterics*. It is useful in colds, colics, and fevers; it warms the stomach, and promotes perspiration. Dose; a tea drank freely.

PEONY.—*Pæonia officinalis*.—The root and flowers.

This is an ornamental flower; a tea of the flower, or root, is a sedative and antispasmodic. Useful in *epileptic fits, neuralgia, and cramps*. Dose; one ounce of the root boiled down to half a pint, a wine-glass three times a day.

PEPPERMINT.—*Mentha piperita*.—The herb.

This plant is cultivated in our gardens for medicinal purposes. It is stimulant, carminative, sudorific, and antiemetic. It has peculiar qualities in quieting the nervous system. The spasmodic action of the stomach producing vomiting, is allayed frequently by a single dose. This property gives it decided advantages, when mixed with cathartic medicine, to prevent *cramps, colics, and spasms*. Dose; a tea-spoonful of the powdered herb, in a little hot water, to be taken warm or cold freely; or half a teaspoonful of the essence.

RED PEPPER.—*Capsicum annuum*.—The fruit.

Capsicum is the most powerful stimulant in the materia medica, producing a glow over the body, without any narcotic effect. Its influence over the circulation gives it advantages over every other stimulant.

When taken with our food, its power to correct the flatulent tendency of certain vegetables, shows its usefulness in bringing them within the digestive power of the stomach, and exciting the stomach to a healthy action. It has been given as a stimulant in palsy and paralytic affections.

Capsicum added to a tonic, in cases of *fever* and *ague*, is highly serviceable where there is a want of gastric susceptibility; it acts by exciting the stomach, and rendering it sensible to the influence of the tonic.

In *malignant sore throat* and *scarlet fever*, it is of the first importance, used both as a gargle and internally.

For *malignant scarlatina*, take two table-spoonfuls of capsicum and a tea-spoonful of table salt. Pour on a pint of water and vinegar, equal parts, boiling hot, let it stand an hour. Dose; a table-spoonful every half hour, and gargle with the same. This will cure the worst cases of malignant sore throat and putrid

fever. The same remedy may be used for milder cases by diluting the mixture.

In *partial paralysis*, or want of proper circulation, the following is beneficial. Take of capsicum four ounces, and lobelia four ounces; pour on a quart of pure spirits, let it stand several days, strain off, and bottle for use. This preparation, given in tea-spoonful doses, has restored vitality to persons in a state of suspended animation from drowning; also by injection in cases of locked jaw.

In any form of bruise in falling from a building, or in any congestion, the above preparation will start the circulation, and save the necessity of bleeding, which is often resorted to, and sometimes with fatal results. The above never fails, and is perfectly safe.

Applied externally, cayenne pepper is a powerful rubifacient, highly serviceable in local rheumatism, sprains, or any form of disease where a stimulant on the surface is demanded. It has the advantage over every other remedy by its speedy action without danger of blistering. In cases of severe colic, apply capsicum in the form of poultice over the bowels.

Dose. Pour half a tea-cupful of hot water, on a tea-spoonful of the powder, let it settle. Pour off the liquor, add milk and sugar to the taste. Take two ounces of powder, infuse it in a pint of spirits; take a tea-spoonful in a little tea, as often as required.

PLANTAIN.—*Plantago major*.—Root and leaves.

This is a perennial, indigenous root. Its properties are refrigerent, antiseptic, detergent, and vulnerary. The fresh juice drank, half a table-spoonful every hour, and the bruised leaves applied externally, is an antidote to the bites of snakes and poisonous insects. An ointment made by simmering the leaves in lard, or a wash by boiling the roots in beefs brine, is said to be infallible for tetter ringworm and salt rheum. Boil the leaf in milk and drink, is excellent for immoderate menstruation, fluor albus, and piles

PLEURISY ROOT.—*Asclepias tuberosa*.—The root.

This is an indigenous, perennial root, growing all over the United States. Pleurisy root is subtonic, diaphoretic, diuretic, laxative, and antispasmodic. A strong tea drank, relieves the breathing of pleuritic patients, and is supposed to have a specific action on the lungs to promote suppressed expectoration.

If taken in frequent doses till it produces perspiration, it is a specific in pleurisy. Half a tea-spoonful of the powdered root, or a gill of the decoction, is a dose for an adult.

POKE.—GARGET, SCOKE.—*Phytolacca decandria*.

This is one of the most common of our indigenous plants. It is perennial, flourishing in all parts of the United States. The root is emetic, cathartic, and discutient. The berries are stimulant, sudorific, and pectoral. The juice of the leaves rubbed upon a cancerous tumor has removed it, and a tincture of the ripe berries in brandy is a popular remedy for rheumatism. One ounce of the dried root may be infused in a pint of wine, two spoonfuls is a dose for an emetic. A poultice of the root applied to the feet, is excellent in ardent fevers.

POMEGRANATE.—*Punica granatum*.

The juice of the fruit is pleasant, cooling in fevers, quenching thirst, and gently laxative. The rind is a strong astringent, tonic, and vermifuge. The bark of the root has been used with great success in tape worm. Used in decoction, two ounces of the bark to half a gallon of water, boiled to one pint. Dose; a small glassful, cold, every half hour, till four doses are taken. The tape worm is often voided alive a few minutes after the last dose is taken.

ASPEN POPLAR.—*Populus tremuloides*.—The bark.

This is a common ornamental tree; the bark of the tree, or root, is used in medicine. It is tonic, astringent, febrifuge, and anthelmintic. Taken in decoction, it excites insensible perspiration, promotes exhalations by the skin, and allays the excitement of fevers. It is a very serviceable article for worms in children. Dose; a tea-spoonful of the powder; make a tea.

PRINCE'S PINE.—PIPSISSAWAY.—*Chimaphilla umbellata*.

Is diuretic, tonic, detergent, diaphoretic, and alterative. It is a popular remedy in *rheumatisms*, and *gout*, taken in tincture; useful in *gravel*, and all *suppression* of the *urinary organs*, *drop-sical affections*, and *worms*. It is too little known by the profession to be properly appreciated.

A pound of the dried herb may be tinctured in half a gallon of spirits, and half a wine-glass may be taken three times a day; or a strong tea, half a tea-cupful three or four times a day.

QUEEN OF THE MEADOW.—*Eupatorium purpureum*.—Root.

This is a most powerful diuretic and sudorific. In all cases of stranguary or suppression of the urine, it is used with decided benefit. It cures *dropsy* and *gravel*. An infusion of a quarter of a pound of Queen of the Meadow, two ounces each of Sanacle and Masterwort root, in one quart of Holland gin, a table-spoonful taken morning and evening, is most effectual in overcoming all spasmodic attacks of the *urinary passages*.

QUEEN'S DELIGHT.—YAW ROOT.—*Stillingia sylvatica*.—Root.

This is a perennial, indigenous root; found plentifully in the southern States. It is strongly cathartic, alterative, deobstruent, detergent, demulcent, and sudorific. Useful in *bilious fever*, *jaundice*, *eruptions of the skin*, *venereal ulcers*, and *leprosy*. In small doses it is alterative and tonic. The best form of administration is in syrup. Dose; from a tea to a table-spoonful twice a day.

The great value of this root has not until recently been generally understood. Combined with other things it has cured some of the worst cases of rheumatism, morbid debility, female complaints, &c.

RASPBERRY.—*Rubus strigosus*.—The leaves.

The leaves are astringent, tonic, alterative, and sudorific. It is excellent in summer complaint of children. A decoction is a specific in *canker of the mouth and throat*. Given *ad libitum*.

ROSE WILLOW.—GREEN OSIER.—*Cornus sericea*.—The bark.

This bark is tonic and astringent. Excellent in intermittent fevers, for which purpose it answers all the purposes of the Peruvian bark. Useful in restraining immoderate menstruation, bearing down of the womb, or relaxations of the *genital organs*, *fluor albus*, or *gleets*. Boil one pound to three quarts, then add three pints of port wine, and half a pound of loaf sugar. Dose; a tea-cupful three times a day, before eating.

RUE.—*Ruta graveolens*.—The herb.

Is a good tonic, stimulant, and antispasmodic; useful in *coughs*, *catarrh*, and *asthmatical affections*. The powder mixed with molasses, and taken in tea-spoonful doses, is infallible for *chronic cough*.

SAFFRON.—*Crocus sativus*.—The petals of the flowers.

This is a very valuable plant; the flowers, used in tea, is ser-

viceable in all hysterical complaints, and in all eruptive diseases, as *measles* and *small-pox*.

SAGE.—*Salvia officinalis*.—The herb.

Sage is stimulant, carminative, diaphoretic, and tonic. Useful in *colds*, *fever* and *ague*, *coughs*, and as a gargle for *quinsy*.

SANICLE.—POOL ROOT.—*Sanicula marylandica*.

This root is an excellent diuretic; useful in *dropsy* and *gravelly complaints*.

SARSAPARILLA.—*Aralia nudicaulis*.

This plant is found abundantly in all parts of the United States. Useful to *purify* the *blood*. Boil a pound in four quarts of water to three. Dose; half a tea-cupful twice or thrice a day.

SASSAFRAS.—*Laurus sassafras*.—The bark of the root.

Useful in *rheumatic complaints* and *eruptive diseases*. The pith of the sassafras put into rose water, makes an excellent wash for *ophthalmia* and *inflamed eyes*.

SAVIN.—RED-CEDAR.—*Juniperus communis*.

The leaves are useful in *kidney complaints*, *suppression* of *urine*, and *suppressed menstruation*. If given in too large doses, it is apt to produce hemorrhage from the womb. Should be administered with caution. Dose; half a small tea-spoonful of the powder, twice a day.

SCABIOUS.—PLEABANE.—*Erigeron philadelphicum*.—The herb.

Useful in *dropsy*, *suppressed menses*, *dry cough*, *inflammation* of the *kidneys*, *chronic diarrhæa*, and *uterine hemorrhage*.

SCULLCAP.—*Scutellaria laterifolia*.—The leaves.

This is a native perennial plant, rising two feet high, found in all the States. It is tonic, nervine, sudorific, and antispasmodic. Useful in *hysteria*, *neuralgia*, *tic douloureux*, and all *spasmodic* and *nervous affections*. Given in fevers and *scrofula*. Dose: a tea drank three or four times a day.

SENNA.—*Cassia marylandica*.—Leaves.

This may be used in all cases where the Alexandria senna is prescribed, only use one-third more. Is more pleasant, and less apt to gripe.

SKUNK CABBAGE.—*Ictodes fœtida*.—The root.

This is a native of North America, and is sedative, antispasmodic, emmenagogue, sudorific, anthelmintic, febrifuge, and stimulant. It is useful in *asthmatic spasms*, *rheumatism*, *palpitations*, and *worms*. Half a tea-spoonful of the powder, in a little syrup or molasses, three or four times a day, is certain to relieve *asthma*. Mix the powder with molasses or syrup till you form a stiff paste; give a tea-spoonful of this mixture each morning for five mornings, then give a brisk purge of the Vegetable Pills, is effectual to destroy *worms*; or it may be taken in tea, or infuse the root in wine, and take half a wine-glass twice a day.

SNAKE ROOT.—WILD GINGER.—*Asarum canadense*.—Root.

Canada snake root is aromatic, stimulant, tonic, and diaphoretic. Useful in *fevers*, especially *intermittents*, and *dyspepsia*. Used mostly as a tea, *ad libitum*.

SENECA SNAKE ROOT.—*Polygala senega*.—The root.

This is also an excellent remedy for bilious diseases and dyspepsia, given in form of tea. There are several varieties of this root, all possessing tonic powers.

SOLOMON'S SEAL.—*Convallaria multiflora*.—The root.

This root is astringent and strengthening; applied as a poultice, is good in inflammation and piles. Two ounces each of Comfrey root and Solomon's seal, infused in two quarts of wine, is very useful in *female weakness*, *whites*, *gleet*, and any stoppage of the *urinary organs*. To be taken in wine-glassful doses, three times a day.

SPEARMINT.—*Mentha viridis*.—The herb.

This is a common, but very grateful aromatic; it is stimulant, antiemetic, anthelmintic, and antispasmodic. Excellent for *flatulence*, and to prevent vomiting, and allay that retching, or desire to vomit. If the tea were made of this, and given to children for a constant drink, it would effectually destroy worms. Infused in gin is excellent for dropsy.

SPEEDWELL.—*Veronica officinalis*.—Root and leaf.

This is aperient, pectoral, and diuretic. An infusion of the leaves, drank as tea, promotes *urine*, strengthens the *stomach*, cures *hoarseness* and *colic*. A tea-spoonful or two of the powder, morning and evening, in syrup.

SPIKENARD.—*FALSE SARSAPARILLA.*—*Aralia racemosa.*—Root.

A poultice of the roots is useful in all ulcers, or fresh wounds, cutaneous affections, erysipelas, and ringworm. The juice of the fresh root is useful for ear-ache and deafness. In the form of tea, drank freely, it is excellent to purify the blood, or for *rheumatism, gout, or any local pains*; also good for *coughs, catarrh, and pain in the breast.* Taken *ad libitum.*

STRAWBERRY.—*Fragaria virginiana.*—The fruit and leaf.

The fruit is when ripe a valuable medicine, as well as food; they are diluent, refrigerent, subastringent, diaphoretic, diuretic, and pectoral. They are useful in *fevers, gravel, gout, scurvy, and consumption.* Strawberries should be eaten by persons laboring under the above complaints, when in season; at other times, make a tea of the vine, (or syrup); drink freely.

SUMACH.—*Rhus glabra.*—Bark of the root and berries.

Sumach is powerfully antiseptic and astringent. An infusion of the berries, sweetened with honey, is useful as a gargle in *malignant sore throat*, and to cleanse the mouth in *putrid fevers.* A decoction of the bark or berries drank, a wine-glass three times a day, is good in *hectic fever and scrofula.* Useful in all diseases where an antiseptic is indicated; combined with slippery elm and pine bark, equal parts, it is also good for *consumption.*

TAMARACK.—*Pinus microcarpa.*—The bark and leaves.

It is employed in *jaundice, bleeding at the lungs, cutaneous eruptions, piles, immoderate menses, ulcers, burns, and dropsy.* Should be used in decoction freely.

TANZY.—*Tanacetum vulgare.*—The herb.

It is good in *hysterical affections, to promote menstruation, strangury, and worms.* Make a tea, and drink half a tea-cupful morning and evening.

THIMBLEWEED.—*Rudbeckia lacinata.*—The herb.

This is an excellent diuretic; may be taken in tea, *ad libitum.*

THORN APPLE.—*STINKWEED.*—*Datura stramonium.*—Leaf.

It is narcotic, antispasmodic, anodyne, and sedative. It is of great value in *epilepsy, rheumatism, tic douloureux, gout, convulsive asthma, and all nervous pains and mania.* For internal use, make a decoction of one ounce of the dried leaf to a pint of

water, a table-spoonful twice a day. Care should be taken not to give an over dose, as its narcotic property is unpleasant to the system, producing vertigo, giddiness of the head, and dilation of the eyes. In the form of poultice, it is an excellent application for *cancerous affections, tumors, chilblains*, and all *painful swellings*. An ointment of the leaves is useful for *piles, burns, tumors, salt rheum*, and *ringworm*. Smoking the leaves is useful in the spasm of asthma. The seed is more powerful than the leaf.

THYME.—**ENGLISH THYME.**—*Thymus serpyllus*.—The herb.

It strengthens the lungs, relieves shortness of breath, and expels wind. Used in decoction, without exactness as to dose.

UNICORN.—**BLAZING STAR.**—*Helonius dioica*.—The root.

The root is stomachic, repellant, and tonic. It invigorates the appetite, removes flatulence and colic, and is said to be of great service in *rheumatism*. In large doses it is narcotic, a quarter of a tea-spoonful, or ten grains, is a sufficient dose for an adult. Take one ounce of the root, infuse in a quart of spirits, a table-spoonful is a dose.

VALERIAN.—*Valeriana officinalis*.—The root.

This is an excellent nervine, stomachic, and antispasmodic. One or two tea-spoonfuls of the powder in a cup of mint tea, twice or thrice a day, is useful in *epilepsy, hypochondriacal affections*, and all *debility* of the nervous system.

WA-A-HOO.—*Ulmus alata*.—The bark.

This is a native of the United States, found in the western and southern States. It is tonic, demulcent, balsamic, mucilaginous, refrigerent, antiseptic, and pectoral. Useful in *fever* and *ague, coughs, bronchitis, inflammation* of the *lungs*, or mucous membrane of the throat or stomach. A decoction drank freely.

WITCH HAZLE.—*Hamamelis virginica*.—The bark and leaf.

Found in all parts of the United States. Is sedative, astringent, discutient, antiseptic, and tonic. A tea of the leaves is excellent for *bowel complaints*, pain in the *side, bleeding* from the *stomach*, or *hemorrhage* of the *uterus*; drink *ad libitum*. The leaves chewed for bleeding from the stomach or lungs; and a strong infusion, given in injection, for bowel complaints.

WORMWOOD.—*Artemisia absinthium*.—The leaf.

There are several species of the wormwood, all possessing similar virtues. This is a perennial plant, cultivated in our gardens. It is febrifuge, stomachic, deobstruent, diaphoretic, diuretic, and expectorant. Useful in *fevers, jaundice, dropsy, hysterical affections, and stranguary*. Drink freely of a tea made of the leaf, rather weak; it is an intense bitter. As a fomentation, wormwood is of the greatest value; steeped in vinegar, and bound around a sprain or bruise, it speedily removes the pain, reduces the swelling, and prevents the discoloration of the parts.

YARROW.—*Achillea millefolium*.—The herb and root.

Yarrow is a detergent; purifies the blood, opens the pores, removes obstructions, and regulates the circulation. A tablespoonful of the juice, taken twice a day, and the bruised leaves laid over a *cancer*, has cured cancer of the breast. It *stops spitting of blood, cures bleeding piles and dysentery*. Make a tea, sweeten with honey. Drink freely.

YELLOW PARILLA.—*Menispermum canadense*.

This is a very pleasant bitter tonic. It is stimulant, detergent, aperient, sudorific, and diuretic. Used with decided benefit in all eruptions of the skin, or to promote the exhalations of the body, or insensible perspiration, also to promote the secretions and excretions of the alimentary canal. Taken in infusion, decoction, or syrup, without much nicety as to dose.

SEASON FOR COLLECTING

VEGETABLE MEDICINAL ARTICLES.

MEDICINAL ROOTS.—Should be collected in the fall, after the tops are dead, or in the spring before the sap rises. They should be washed clean, sliced, and dried in the shade.

BARKS.—May be striped from the tree while the sap is running up, and the outside ross shaved off; and should also be dried in the shade.

PLANTS.—Must be collected while in blossom, (their virtues, however, are not entirely lost till the seed is ripe, and the stalk dried.) Gather when the dew is off, and dry in the shade. If the leaves are the part desired, suspend them so that the tops will hang downwards.

FLOWERS AND SEED.—Should be collected when fully ripe, and likewise dried in the shade; care should be taken to prevent their moulding while drying, and when dried should be kept from the air in a dry place, and their virtue will remain for a long time.

DESCRIPTION OF THE GRAEFENBERG MEDICINES.

WE now beg to offer a few general remarks respecting our series of medicines, which, since their introduction, the public have sustained beyond our most sanguine expectations. We knew, at the outset, that in preparing medicines for *general* use, we could not possibly meet every exigency, on account of the differences of age, sex, temperament, and constitution, and also from the variety of types and forms which disease assumes in different persons. But we do say, and with a firm conviction of its truth, based on years of experience, that if any medicines will, in a very large majority of cases, answer the ends for which they are administered, ours will. The Graefenberg medicines were originated by old and eminent physicians, who now give to the world, through this company, the fruit of their life-time experience; and the public may rest assured that the Graefenberg Company will never admit into their series any doubtful articles. They are also prepared in the most exact manner, and will generally remain unchanged in any climate, and for any length of time, and will be found far more *reliable* than the ordinary prescriptions of physicians, made up from the common drugs found in country stores and apothecaries; and, in fine, far *cheaper*.

These medicines and this book, in sparsely settled regions, where good physicians and medicines are scarce, will, we hope, prove a blessing to thousands of families; and those who are more happily situated in this respect, will, we think, profit much by our simple teachings, at least in the forming stage of disease, when timely and intelligent attention will often prevent what might otherwise result in death.*

* Since the introduction of the Graefenberg medicines, many families of our acquaintance have had no occasion for the services of a doctor; for does any member feel slightly unwell, a pain in the head, back, or side, or a sense of chilliness with shivering, or other symptom of fever; he takes a few pills at night and in the morning the symptoms are gone; if a diarrhoea commences, a dose of dysentery syrup checks it; if he

Some persons will probably enquire why we do not publish the formulas of our medicines. We answer, first, because they were obtained at a great cost; and, second, for the protection of ourselves and the public against counterfeiters and imitators, who would seize upon them to flood the country with spurious medicines; but so far as the public, the consumers, are concerned, we would not have the slightest hesitation, for we know that it would always be cheaper and more convenient to buy the medicines ready made, than to make them from doubtful drugs; besides, some of them are made by processes which ordinary individuals could not employ.

THE GRAEFENBERG VEGETABLE PILLS.

There seems to have been a total misapplication of the word *purge*, in being always applied to the one evacuation; in like manner, all the pills and purgative compounds heretofore invented, have had sole reference to the alvine discharges. But the true signification of the word, used physiologically, is to *cleanse the blood*. According to the Americo-Graefenberg theory, (see page 26 and also 45,) the bowels form but one of the great outlets of the body; and when the blood is, so to speak, filtered by them, only one species of morbid matter is removed, and the work of cleansing is but partially done, because the kidneys draw off another distinct species of waste matter, and the skin exhales still another in the form of vapor, whereby also the surplus heat of the body is dissipated. Now be it always remembered, that the bowels cannot do the work of the kidneys and skin; nor can the latter perform the office of the former. If, however, the urine is started, and the pores opened, by a violent cathartic, it is only done by *sympathetic irritation*; and to do this, too great an impression is made on the vital powers, and the medicine, in a great measure, defeats itself.

Now herein consists the improvement, the great superiority of the Graefenberg Vegetable Pills over all others, that they operate, without irritation, on all the excretions, purging the blood not only by the bowels, but the liver, kidneys, and skin, and thus carry off diseased matter of all species, and through all the appropriate passages.

burns, bruises, sprains, or wounds himself, he immediately applies the Ointment. In short, they find a complete medicine chest in our few medicines, and we cannot forbear here remarking that every family would do wisely to provide themselves with the three simple and cheap medicines just named, and always keep the stock good, for if they are used seasonably, and according to directions, they will form a complete defence against most of the ills of life.

They readily dissolve in the stomach, are speedily taken up and diffused throughout the blood, and with it visit every organ, blood-vessel, and pore, stimulating each respectively to its own peculiar action, at the same time carrying with them a tonic power, which imparts vigor to the organs excited. Pills operating on these principles need not violently drench the bowels.

Another valuable consideration is, that special pains have been taken in the preparation of these pills, to prevent nausea and griping; so that when a person takes them he is not disgusted, nor reminded of them, until he is pleasantly invited to the stool; meanwhile the pent-up, muddy urine, begins to flow, free and clear, and the skin to resume the softness and moisture of health. Another very important characteristic is, that, unlike all others, they do not deaden the parts acted upon, and thus induce a necessity for a speedy renewal and increase of the dose; quite the contrary, for we know persons of a stolid, lymphatic temperament, who at first required seven or eight pills to operate on them, but after a time found five or six to answer.

They are entirely vegetable, with the exception of a trifle of iron, to give the blood that florid hue, which adds the finishing charm to health; they are also free from any narcotic property. To sum them up briefly, they are cathartic—acting on the whole length of the intestinal canal—antibilious, antidyspeptic, diuretic, diaphoretic, deobstruent, alterative, tonic, and antiemetic. They excite general action, and contain nothing that can possibly injure the most delicate.

From the peculiar combination of ingredients, these pills are particularly valuable for the Prevention and Cure of Fevers in general, all Bilious and Liver complaints, Jaundice, General debility, common and Sick Headache, Dyspepsia, Heart burn, Costiveness, Griping, Urinary diseases, Obstructions of the menses, Influenza, Asthma, and for a great variety of other acute and chronic diseases; in fine, for all ordinary family uses.

Many persons who enjoy but moderate health are liable to spring and autumnal fevers—the former from morbid humors in the blood collected during the winter, and the latter from a relaxation of the skin caused by heat, and by miasma. Such persons will find a preventive in these pills, taken in occasional doses, and in a daily pill.

As a common purgative from three to seven pills, according to the age, sex or circumstances, may be taken, usually at night; ordinary individuals require four or five pills at a dose.

an alterative in a great variety of chronic diseases, small of one or two pills daily, work to wonderful advantage. (page 29.)

THE GRAEFENBERG DYSENTERY SYRUP.

This extraordinary article is a speedy and infallible remedy in *rhœa*, Dysentery, Bloody flux, Cholera morbus, Cholera infantum, and the *Asiatic cholera*, if taken with the first symptoms, vomiting and diarrhœa.

It never fails to cure the worst possible cases of bowel complaints, generally in a few hours, seldom beyond a day. It is *purely vegetable*, and taken in almost any quantity is perfectly harmless. It has cured hundreds of cases given up by the doctors. The earlier these diseases are attended to, the easier they are cured. It should, therefore, be in every family.

As water is the natural antidote of fire, so are the ingredients of this Syrup the natural antidotes of the complaints under notice. It does not depend on astringency, like all other preparations, and the ordinary articles used, which lock up the pores of the intestinal canal, and thus retain the acrid fluids which nature is so earnestly endeavoring to expel, but it neutralizes and renders them harmless, and consequently the disease subsides of itself. Its action is threefold: 1st. It immediately reaches and arrests the cause, and promptly checks the disease. 2nd. The body, though racked with pain, is instantly soothed to perfect quiet. 3rd. The inflamed surfaces of the stomach and bowels are sheathed and protected against their acrid contents. These things being fulfilled, nothing more is requisite, the patient is well, and his body soon resumes its regular and healthful functions.

GRAEFENBERG GREEN MOUNTAIN OINTMENT.

Invaluable for Burns, Wounds, Sprains, Chilblains, Corns, Sores, Swellings of all kinds, Rheumatism, Erysipelas, Bronchitis, Scrofula, Ulcers; Pains in the Side and Back immediately relieved; Inflammation of the Bowels, and for all cases where there is inflammation.

As a *pain extractor* it cannot be excelled, affording immediate relief from the most excruciating pain. Applied to burns, immediately, little pain is experienced, and no scars left.

The great and distinguishing feature of this Ointment is its power to *reduce inflammation*. It is vain to hope for relief or cure in any complaint unless the inflammation attending it be

conquered or cooled down. Nature will not give health to any part or function of the body, while throbbing with inflammation. The moment inflammation subsides, nature comes kindly to the sufferer's relief, and at once institutes the healing process.

GRAEFENBERG HEALTH BITTERS.

These unostentatious vegetable health bitters give universal satisfaction wherever used; they may be taken in the form of wine or alcoholic tincture, decoction, or infusion, according to the views of the person using them. They are an excellent spring and fall medicine, taken in connection with the Vegetable Pills, to prevent Spring fevers and troublesome Coughs, also Autumnal fevers, Intermittents, &c. They are prepared from a number of the most purifying, invigorating, and healing roots, barks, herbs, and vines, selected mostly from the vegetable materia medica of America.

The Pills and Bitters together are a sovereign cure for fever and ague.

GRAEFENBERG SARSAPARILLA COMPOUND.

This elegant and unequalled fluid *Extract of Sarsaparilla*, is offered to the public as combining immeasurably greater efficiency than any other Sarsaparilla preparation of this or any other country. It is prepared on an entirely new plan, by which all the delicate properties are obtained in their highest excellence. The inert feculent matter which encumbers all other Sarsaparillas, is entirely left out by this process.

It is put up in small bottles, of the highest possible concentration, as is evidenced by the smallness of the dose—a small tea-spoonful. In short, it is *medicine*. No starch, gums, or molasses, is added to give it apparent body. It is also purely vegetable. It is therefore the best, and really the cheapest Sarsaparilla before the public.

As an alterative medicine, it possesses the greatest power, promoting those changes in the system by which the generation of unhealthful taints and humors is slowly but permanently checked, and the impurities removed. It has also great restorative power. Among the diseases for which this Sarsaparilla is sovereign we name—General debility, Dyspepsia, and Costiveness; all Cutaneous diseases, Ulcers, Swellings, &c.; Scrofula, Cancers, Scurvy, &c.; Syphilitic taints and Mercurial diseases; Female complaints, Consumption, Liver complaints, &c.

Persons taking this Sarsaparilla will do exceedingly well to prepare, and take in connection with it, the alkaline solution, page 226, which can be made with very little trouble or cost from the ashes of any hard wood, in the absence of ash wood. We do not encumber our preparation by adding such a quantity of solution as would be necessary; nevertheless, it greatly augments the power of the Sarsaparilla.

GRAEFENBERG FEVER AND AGUE PILLS.

These pills are composed principally of quinine, with some other *vegetable* tonic, antispasmodic, and febrifuge articles, and are not only applicable for the cure of *intermittents*, but for all species of Fevers, Dumb agues, Masked intermittents, and a variety of diseases that manifest themselves in periodical paroxysms at longer or shorter intervals, as sick headache, &c., all depending on debility.

When a person is attacked with *fever*, the first thing, as heretofore indicated, is to relieve the stomach and bowels, and, as speedily as can be done, get all the excretions at work, and immediately commence with these tonic pills, in order to check and eradicate the fever before the strength of the patient is gone; for this purpose, give one every first, second, or third hour, using some diaphoretic drink intermediately, in such quantities as may be required to maintain constant and gentle action of the skin, but not sweating proper. (See general notice of fevers, page 119.)

For *common ague*, take a pill every hour or two from the termination of the previous paroxysm, with such herb tea midway between the pills as to keep up a slight moisture of the skin; and if any signs of a paroxysm appear, take a large dose of the antispasmodic tincture; or a large cupful of strong coffee, to which has been added a gill of brandy, or a table-spoonful of tincture of capsicum, and continue the pills as before.

For *chronic intermittents*, take one or two pills a day, night and morning, keeping the bowels regular with one or more of the Vegetable Pills daily; and attend to bathing and friction.

GRAEFENBERG CHILDREN'S PANACEA.

We have spoken at some length on this extraordinary and valuable medicine under the head of Diseases of Children, page 171. Its true worth can never be set forth in words, but it can be felt and appreciated by mothers whose children have been

saved. Although its introduction is but recent, it has already saved the lives of many children ; the testimony to this effect is full and unimpeachable.

For its various uses and application, see page 178.

THE GRAEFENBERG EYE LOTION.

A speedy and positive cure for inflammation of the eyes, weakness, dimness and failing of the sight. This unpretending article has performed many wonderful cures ; for instance, we have seen persons who had from cold settling in the eyes, after suffering for weeks, relieved in a few moments from the intolerable pain, and permanently cured by a few applications. Others who had been shut up in dark chambers have, in a few days, come forth cured. It will always be beneficial in acute inflammation of the eyes, and also as a wash on inflamed surfaces.

In cases connected with scrofula, the blood must be purified by the use of alteratives, such as the Vegetable Pills or Sarsaparilla Compound.

GRAEFENBERG CONSUMPTIVE'S BALM.

An invaluable remedy for Tuberculous Consumption, and other Pulmonary diseases ; Liver and Stomach Coughs, Asthma, &c. (See concluding remarks, page 112.)

DR. LIBBY'S PILE OINTMENT.

For Piles and Fistula this ointment surpasses everything ; it has cured cases of twenty years standing, which had resisted all other means. With this ointment, we believe there are very few cases which cannot be radically and permanently cured ; the relief is immediate, often in an hour's time. A surgical operation for piles or fistula should never be submitted to until this ointment has been thoroughly tried ; in nine cases out of ten, the knife may be dispensed with.

Hip and spinal complaints yield readily ; and it is invaluable for burns, bruises, sprains, eruptions, boils, ulcers, scrofula, &c. &c. The attention of medical men is particularly invited to it. (See piles, page 91.)

MARSHALL'S UTERINE CATHOLICON.

For a full description of this wonderful medicine, the effects of which seem almost miraculous, see page 169.

A COLLECTION OF
MEDICINAL COMPOUNDS

AND

APPROVED PRESCRIPTIONS,
ADAPTED TO FAMILY AND DOMESTIC USE.

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We now present a considerable variety of domestic preparations, which, with the numerous compounds directed in the body of the work, and the careful directions connected with each article in our *Materia Medica*, will be found amply sufficient for all ordinary family purposes.

ANODYNES.

Anodynes are medicines which allay pain. The principal anodynes in common use are opium and its preparations, camphor, henbane, and lady's slipper. It should always be remembered that a frequent use of anodynes begets an increasing necessity both in frequency and quantity.

**ANODYNE DROPS.**—**BLACK DROP.**—*Opium, sliced, half a pound; strong vinegar three pints; one and a half ounces of nutmeg, and half an ounce of saffron. Boil them awhile, and add four ounces of sugar and two table-spoonfuls of yeast; set the whole in a warm place for a month, then strain and bottle.* The product should be about two pints of strained liquor. This is the best form in which opium can be given, and is powerfully anodyne and antispasmodic, without affecting the head or confining the bowels. *Dose:* from twelve to thirty drops.

**SYRUP OF POPPIES.**—*Dry poppy capsules (gathered as they ripen,) seven ounces, bruise and free from the seeds. Boiling water eight pints. Macerate twenty-four hours; then boil down to half, strain and press, and again boil down half, and add sugar q. s.\** This is a good anodyne for infants and young children.

**SUBSTITUTE.**—Twenty five drops of laudanum may be added to an ounce of simple syrup.

See "Lady's Slipper," page 248.

DECOCTIONS.

These are solutions of vegetable principles, obtained by boiling the substances in water. The process should be conducted in a covered vessel, to prevent, as far as possible, the action of

\* *Quantum sufficit.* A sufficient quantity.

the atmosphere. The substances should be powdered or bruised, or, if fresh, should be sliced. Macerating the articles in alcohol for a short time previous to boiling, greatly facilitates extracting the virtues; indeed, many vegetable principles are insoluble in water, and to obtain them alcohol must be employed in the process.

Decoctions should only be prepared as wanted for use. They may, however, be preserved for any length of time, by adding sufficient sugar to form a syrup.

**DECOCTION OF BARK.**—*One ounce of Peruvian Bark, and a pint of water; boil ten minutes, and strain while hot. Dose: a wine-glassful, repeated according to circumstances. Orange peel improves the flavor.*

**DECOCTION OF DOGWOOD** is made and used in precisely the same way as that of bark, of which it has been proposed as a substitute.

**DECOCTION OF DANDELION.**—*Fresh root four ounces; water two pints; boil down to one, and strain. Dose: a wine-glassful twice or thrice a day.*

**LISBON DIET DRINK.**—This celebrated decoction is made as follows: *four ounces of sliced Sarsaparilla, and boiling water four pints. Macerate four hours, lightly covered, near the fire; then take out the Sarsaparilla, and bruise it. Return it again to the liquor, add rasped guaiacum wood, bark of sassafras root, liquorice root, bruised, of each one ounce; and three drachms of mezereon root. Macerate all four hours, and strain.*

A far superior diet drink, and without trouble, may be made by adding three or four tea-spoonfuls of the *Sarsaparilla Compound* to a pint of water, warm or cold, sweetened, and drank in divided portions three or four times a day.

## EMETICS.

The principal articles used for emetic purposes are, Ipecacuanha, Emetic tartar, Lobelia, Bloodroot, and Mandrake, and rarely the sulphate of zinc and copper; the two latter, from their almost instant and effective operation, are mostly employed in cases of poisoning. The operation of all emetics is promoted by a rather free use of tepid or *sickish* water; or better, boneset tea; not in such quantity as to load the stomach, neither so hot as to relax the muscular fibre, and render the stomach incapable of throwing it off; nor, in fine, so cold as to brace up the stomach to resist the emetic influence.

In the treatment of many diseases, especially those of a febrile and inflammatory nature, emetics are of unspeakable value: they rouse up the whole system, excite the lethargic brain to action, quicken the circulation, determine the blood powerfully

to the surface, and cause perspiration ; indeed, every part of the body undergoes some change during the operation, and hence their very salutary influence in disease.

The wholesale application of emetics by the Thomsonians has done very much to prejudice the public and the minds of regular physicians against this valuable class of remedies, and to abridge their use ; but medical men are certainly culpable for permitting themselves to be influenced to the opposite extreme, by an ignorant and arbitrary individual who, by means of a strong mind, indefatigable perseverance, and a very few grains of truth mingled into his theories, induced an ephemeral popularity. Happily for humanity, however, the purely Thomsonian system is nearly or quite extinct, as a practice.

For some further observations and directions, see " Emetics," page 120.

**IPECACUANHA EMETIC.**—From ten to thirty grains, in a little water, or from two to eight tea-spoonfuls of ipecac wine.

**COMMON EMETIC.**—*Emetic tartar one grain ; powder of ipecac fifteen grains ; water three table-spoonfuls ; mix.* Excellent to unload the stomach.

**COMMON TARTAR EMETIC.**—*Emetic tartar four grains ; water three ounces ; sweeten, and mix.* Good at the commencement of fevers, and in all cases where emetic tartar is proper. Should never be given to young children, unless in cases of emergency. Dose of this mixture, two table-spoonfuls every ten minutes, till it begins to operate. There are some slight objections to this emetic ; it is rather exhausting, and some care may be observed, in and about the time of using it, not to expose the body to cold, nor take cold water ; otherwise, it is believed to be a very efficient and harmless emetic.

**EMETIC FOR CHILDREN.**—Ipecac in powder, three to six grains ; or wine of ipecacuanha, one to two tea-spoonfuls, in water.

**COMPOUND VEGETABLE EMETIC POWDER.**—*Ipecac and lobelia, of each two parts, and blood root one part ; mix the powders, and give half a tea-spoonful every fifteen minutes, in a cup of tepid boneset tea, until it operates properly. A few drops of tincture of capsicum may be added to each dose.* For all the common purposes of an emetic, at the beginning of fevers, in bilious and stomach complaints, &c. &c., this emetic should be resorted to. It is perfectly safe, does not rack the body, nor leave it prostrated.

**BLOOD ROOT EMETIC.**—*Twenty grains of the powder, or one tea-spoonful of the tincture every ten minutes, in boneset or chamomile tea, till it operate.*

**MANDRAKE EMETIC.**—*A tea-spoonful of the powdered root, or a table-spoonful of the tincture, in water.* This, after effectually vomiting, will generally purge the bowels.

## EXTRACTS.

Under this head we offer a succinct description of the mode of making solid extracts. Extracts are made in three ways, viz., *aqueous* or *watery*, *spirituous*, and *ethereal*.

The first is by far the most common and economical for domestic purposes. The virtues of the articles desired are to be obtained as directed under the head of syrups, after which the fluid is to be strained carefully, and then boiled down to a solid or tarry consistence. The extract must be kept in constant motion, and when it begins to thicken, the evaporation must be continued and completed in what is termed a *water bath*; for this purpose, transfer the material to a tin vessel, and place that into a kettle of boiling water, which is to be kept boiling till the process is completed; by this means the extract will not be burnt or injured by the heat. The Shakers have their pans set into a steam chest, or table.

*Spirituous extracts* are prepared by macerating the articles in alcohol a suitable time, as directed for tinctures, and evaporating the alcohol over a gentle heat. If the alcohol be pure, the process will be rapid; if not, the water bath must be resorted to. By this mode a purer and better extract is generally obtained than the former, as all the gums, resins, and oils, are extracted.

The *Ethereal* process is seldom resorted to in domestic practice.

Oil of red pepper may be obtained by soaking ground pepper in a bottle of ether, and filtering; then expose the tincture to the air, and in a very short time it will evaporate and leave the pure oil. It is very powerful, and must be applied sparingly.

The *inspissated juice*, evaporated, is a very excellent way of obtaining the virtues of green vegetable in a concentrated form, and in many respects preferable to either of the methods above described.

## FOMENTATIONS.

These are local applications either of warm or cold water; the former are designed to ease pain, and remove tension and spasms; the latter to brace up and restore tone to a feeble part. Certain substances, such as anodynes, astringents, and aromatics, are generally added to heighten their effects.

COMMON FOMENTATIONS may be made of almost any bitter or other herbs that are most convenient. Hops, catnip, sage, chamomile flowers,

tansy, wormwood, and hoarhound. *Boil several of them, q. s., in water for fifteen minutes, and strain.*

**ASTRINGENT FOMENTATION.**—*Decoction of oak bark, two pints; alum, three drachms.* An excellent fomentation for weak parts.

**ANODYNE FOMENTATION.**—*Poppy head, three ounces, elder flowers, half an ounce; water, three pints.* Boil down to two pints, and strain. Used to relax spasms, and relieve acute pain. Sometimes three tea-spoonfuls of laudanum may be added.

**MINT FOMENTATION.**—*Fresh spear or peppermint, q. s., bruise and simmer, adding a little of spirits.* Excellent for irritability of the stomach, attended with vomiting. Apply to the pit of the stomach.

## GARGLES.

Gargles are certain liquids made by infusion or decoction, of an astringent, stimulating, or detergent nature, as required by the circumstances. The gargle should not be swallowed.

The gargle, on page 100, will be found suitable for almost all ordinary purposes requiring a throat wash. It is stimulating, demulcent, refrigerent, and cleansing. Substituting alum for saltpetre renders it powerfully astringent. Borax is an excellent article, very cooling for inflammation or irritation of the throat. A proportion of Bark is a valuable addition to gargles generally.

For another excellent gargle, see page 142.

**YEAST GARGLE.**—*Yeast, one ounce; milk, two ounces; sweeten.* Excellent for putrid sore throat.

**GARGLE FOR PUTRID SORE THROAT.**—*Black cohosh, one part; white oak bark, frost wort or nanny berry bark; sumach bark, and marsh mallows, each two parts; infuse, sweeten with honey, and add a small quantity of carbonate of ammonia or alum, and keep closely corked.* Used externally as well as internally.

## CAUSTICS.

Sulphate of zinc, or white vitriol and alum, pulverized, are excellent escharotics for fungous or proud flesh.

Strong lye of hard wood ashes, evaporated to dryness and pulverized is useful for fungous, ulcers, cancers, and in all cases requiring the use of caustics.

## INFUSIONS OR TEAS.

Infusions are solutions of vegetable matter, obtained by maceration either in cold or boiling water. The strength of infusions are varied by the temperature of the water—those made with hot water being much the stronger, but cold infusions are more grateful.

Infusions are always made, unless otherwise directed, by

pouring boiling water on the article, and allowing it to stand in a covered vessel; the strength may be increased by placing it near the fire, so as to maintain the heat. The usual time is from half an hour to two hours before straining. A common earthen tea-pot is a good vessel.

### INJECTIONS OR CLYSTERS.

These are medicines in liquid form to be thrown up the rectum, with a view of evacuating the bowels, or to introduce medicines when the stomach rejects them or loses its susceptibility. About three times the ordinary quantity of medicines usually taken into the stomach will be required to produce the same effect by injection. From a half pint to three half pints is the usual quantity of fluid employed. The injection pipe, spoken of in page 204, should be used if possible, the advantages are obvious; the oil goes up in advance, no air is injected, the whole is administered at once; and finally, if the patient is able to help himself, no assistance is required.

**STIMULATING INJECTION,** *a pint of sweetened infusion of lobelia and cayenne pepper, each one drachm, golden seal or witch hazel, half an ounce.* Good for obstinate costiveness.

**EMOLLIENT, OR COMMON INJECTION.**—*Tea of linseed, slippery elm, or marsh mallows, molasses, and new milk, each six ounces; olive oil, three ounces; Mix.* Fifty drops of laudanum added, makes an ANODYNE CLYSTER; excellent in dysentery, griping, &c. Otherwise this is applicable to almost all cases where injection is indicated. Green Mountain Ointment should be added, as on page 144, when dysentery has been very severe, because the internal surface of the bowels is often inflamed and ulcerated, that injection is infallible in such cases.

**PURGATIVE INJECTION.**—*Water and new milk, each six ounces; sweet oil or fresh butter, and brown sugar, each two ounces; two table-spoonfuls of common salt, or an ounce of epsom salts; mix.*

**INJECTION FOR WORMS.**—*Oil of turpentine, one ounce; Olive oil, eight ounces; mix.*

**INJECTION FOR CHOLIC.**—*Infusion of chamomile, ten ounces; oil of spearmint five drops, dissolved in forty drops of sweet spirit of nitre; laudanum ten drops; mix.*

**INJECTION FOR FEVERS.**—*Thin gruel, twelve ounces; sugar, one ounce.*

**LAXATIVE AND NUTRITIVE INJECTION.**—*Milk, half a pint; molasses or honey and olive oil, each one ounce; mix.*

**INJECTION FOR DEAFNESS.**—*See page 200.*

**INJECTION OF ALUM.**—*For the urethra, alum eighteen grains; rose*



*water, six ounces. For the vagina, alum, three drachms; water, two pints. Astringent.*

## LINIMENTS.

These are preparations for external use, of a consistence between fluid and solid, but always fluid at the temperature of the body. Their application is usually accompanied by gentle friction with the hand.

**ANODYNE LINIMENT.**—*White soap, one ounce; Opium, 1.20 drachms; Alcohol, nine ounces; digest in a gentle heat three days; strain and add camphor, three drachms.* Eases pain, and is of service in violent strains, rheumatic complaints, but not when attended with inflammation.

**CAMPHORATED SOAP LINIMENT, OPODELDOC.**—*Camphor, one ounce; Oils of rosemary and origanum, of each one teaspoonful; alcohol, a pint; and when dissolved add three ounces of white soap, and digest in a warm place till it is dissolved.* Good for sprains, bruises, rheumatisms, &c.

**LINIMENT FOR BURNS.**—*Equal parts of olive oil, fresh linseed oil, and lime water; shake well together.* This is an excellent application for recent burns and scalds.

**FOR VOLATILE LINIMENT** see top of page 142.

**RHEUMATIC LINIMENT.**—*Oils of origanum, hemlock, and turpentine, each one ounce; sassafras oil, two ounces; spirits of camphor, half a pint; opium and cayenne pepper, each one ounce; alcohol, three pints; mix.*

## OINTMENTS AND CERATES.

These are unctuous substances consisting of oil or lard, united with wax, spermaceti or resin, to which are imparted the medicinal virtues of such articles as may be desired. A strong decoction of the vegetable ingredients is made, to which the other articles are added, and the whole boiled till the water is evaporated.

**SIMPLE CERATE.**—*Melt three ounces of white wax with an ounce of spermaceti, and add six ounces of heated olive oil, and stir the whole till cold.* Good to heal blisters, wounds, &c.

**MARSH MALLOW OINTMENT** made of the roots and tops with fresh butter, is an excellent cooling ointment for inflammatory eruption, erysipelas, sore nipples, and cutaneous diseases of children.

**SALT-RHEUM OINTMENT,** made from yellow dock root, scabious, plantain, white pond lily root, and lard, is good. Rub it on several times a day, or apply it in the form of plasters.

## PLASTERS.

These are solid compounds, made from wax and resinous matters, intended for external application, and adhesive at the

temperature of the body. Any vegetable principle may be imparted to the plaster mass, by boiling in a tincture or decoction until the alcohol or water is evaporated. Vegetable or mineral matter, in powder, may also be mixed while hot. Thin white sheep-skin is the best article to spread upon, and a margin of half an inch should be left. Before applying the plaster, bathe the part with vinegar or camphor, which will cleanse the skin, and make the plaster adhere.

**STRENGTHENING PLASTER.**—*Resin, eight ounces ; burgundy pitch, four ounces ; beeswax, four ounces ; melt, and add two ounces of tincture of capsicum, simmer till the spirits are nearly evaporated, and remove from the fire ; while cooling add one ounce of fine camphor, and two drachms of oil sassafras ; mix well and pour it into water and work it with the hands. Spread.*

**DR. LIBBY'S STRENGTHENING PLASTER.**—Burgundy pitch, six ounces ; gum galbanum, three ounces ; simmer together and spread.

**SIMPLE PLASTER.**—*Burgundy pitch, q. s. ; spread, and before applying sprinkle the surface with scraped camphor, and lay on as hot as can be borne. This plaster gives instant relief for pain in the back.*

**IRRITATING PLASTER.**—*Thicken common tar with a mixture of equal parts of mandrake, blood root, poke root, and indian turnip ; boil a few minutes, and incorporate thoroughly. This plaster vesicates, and causes a discharge, is a valuable counter-irritant ; very good for a pain in the side and breast.*

**DIACHYLON OF LEAD PLASTER.**—*One part of semi-vitrified oxide of lead ; two parts olive oil ; water a small quantity. Boil gently and stir constantly until the oil and lead unite. Excellent for slight wounds, excoriated surfaces, &c.*

**THOMSON'S CANCER PLASTER.**—Extract the strength from a bushel of red clover heads, by boiling in a sufficient quantity of water, then strain and boil down to the consistence of tar. To prevent burning when it begins to thicken, use the water bath, see Extracts. Apply on cloth to the cancer, changing once in twenty four hours.

### POULTICES, OR CATAPLASMS,

Should be made of such consistencies as to accommodate themselves to the surface, to which they are to be applied. They are often made too thin, so that the least pressure, or their own weight removes them.

**YEAST POULTICE.**—*Flour, q. s. ; brewers yeast, half a pint. Mix to a proper consistence. Excellent for foul, gangrenous, or painful ulcers ; prevents mortification, cleanses the sore, and removes the fetor.*

**CHARCOAL POULTICE.**—*Charcoal, in powder, one ounce ; linseed meal, four ounces ; water, q. s. Useful for the same purposes as the yeast poultice.*

**SLIPPERY ELM POULTICE.**—*Ground slippery elm, stirred into warm milk or water, to a proper consistence.* This poultice is of almost universal application, and is invaluable.

**THE COMMON POULTICES** of bread and milk, indian meal, wheat or rye flour, are all excellent for common purposes, and well known to every one.

**SINAPISM OR MUSTARD POULTICE.**—*Mustard and indian meal, linseed meal or slippery elm, equal parts, hot vinegar, q. s.* To render it more stimulant, spirits of turpentine, or tincture of capsicum, may be added; or the mustard may predominate. It should not be permitted to raise blisters; if so, change it to another place. Generally applied to the soles of the feet, but sometimes to the side, or nape of the neck, as a counter irritant and rubefacient.

**GARLIC, OR ONION DRAUGHT.**—*Bruised and applied to the feet.* Useful to equalize the circulation, &c.

### SYRUPS.

Medicinal syrups are preparations containing the concentrated properties of certain vegetables, usually in form of decoction first, to which is added from a pound and a half to two pounds of clarified sugar to each pint of the liquid.

The virtues of many vegetables reside in the oils, gums, or resin which they contain; and as water alone will not extract substances of this nature, spirits will be necessary; about a quart for each four pounds matter to be extracted. The articles to be treated may be allowed to macerate, over night or longer, in the spirits, with water sufficient to cover them; then bring them gradually to a boil, simmer awhile, and pour off; add water and boil half an hour, and pour it off; repeat this till all the strength is exhausted, then strain the whole, and boil down to about a quart for every pound of vegetable matter used. Then add the sugar, and when fully dissolved set it aside to settle, then decant into bottles for use. In this process the spirits are all lost by evaporation.

Syrups may be flavored with essence of oil of wintergreen, cinnamon, sassafras, or other, two or three or four drops of the oil for each pint are sufficient.

**SIMPLE SYRUP.**—Dissolve one and a half to two pounds of loaf or crushed white sugar, in a pint of rain water, with or without heat.

### TINCTURES.

These are solutions of medicinal substances obtained by maceration or digestion in strong or diluted alcohol, or any other suitable menstruum, such as spirits of ammonia or ether; which

latter are distinguished by the addition of an epithet expressive of their peculiar character. The usual time required at ordinary temperatures is two weeks, though the process may be hastened by heat. After suitable maceration, the tincture should be filtered through filtering paper folded to fit into a common funnel, or, what is perhaps as well in private practice, strained through linen or cotton cloth. Care must be taken, in all cases, to keep the vessels well stopped; and the mixture should often be shaken. Rectified alcohol is usually employed. Saturated tinctures are those in which the alcohol is charged to the fullest extent of its solvent power.

**TINCTURE OF CAMPHOR.**—See page 220.

**LAUDANUM, OR TINCTURE OF OPIUM.**—*Opium, an ounce and a quarter; alcohol, a pint.*

**AROMATIC TINCTURE.**—*Cinnamon, six drachms; cardamom seeds, three drachms; caraway seeds, and ginger or capsicum, each bruised, two drachms; stoned raisins, four ounces; proof spirits, two pints. Macerate fourteen days, and filter.* Useful for flatulence, dyspepsia, and cramps of the stomach.

**COMPOUND TINCTURE OF CAPSICUM, HOT DROPS.**—*African cayenne pepper, one ounce; half a pound of myrrh; prickly ash, golden seal, and pleurisy root, of each two ounces; alcohol, four pints. Macerate the whole fourteen days, and filter.* Excellent used internally or externally, for feeble circulation, pains and cramps in the stomach and bowels. Dose: from thirty drops to a tea-spoonful, in some fluid vehicle, repeat as often as necessary.

**TINCTURE OF LOBELIA.**—*Lobelia, one ounce; alcohol, one pint.* Dose: one to four tea-spoonfuls. Very useful for asthma, croup, pulmonary diseases, locked jaw, &c. As an emetic, the dose may be repeated in ten minutes, giving plentifully of lukewarm boneset, or other herb tea.

**ANTISPASMODIC TINCTURE.**—*Tinctures of lobelia three parts, capsicum four, and nervine tincture three.* Dose: from one to four tea-spoonfuls, in a cup of herb tea, repeated every twenty minutes until it causes nausea or vomiting. This is said to be an infallible remedy for fever and ague, when taken just before the chill commences. Excellent for fits, spasms, suspended animation, and in injections for locked jaw.

**NERVINE TINCTURE.**—*Skull cap and ladies slipper, of each four ounces, alcohol, two pints. Macerate and filter.* Dose; from one to four tea-spoonfuls, as often as required. Very useful in all nervous diseases.

**TINCTURE OF MYRRH.**—*Myrrh, four ounces; alcohol, three pints.*

**TINCTURE OF BLOOD-ROOT.**—*Blood-root, bruised, two ounces; alcohol, a pint.* As an emetic, three or four tea-spoonfuls; taken to nausea three times a day, good for fever and ague; as an alterative, thirty to sixty drops.

**COMPOUND TINCTURE OF BARK.**—*Peruvian bark, powdered, two*

ounces; orange peel, an ounce and a half; Virginia snake-root, three drachms; saffron, a drachm; cochineal, in powder, two scruples; alcohol, twenty ounces. Macerate fourteen days, and filter. This is Dr. Huxham's celebrated tincture; it is a grateful stomachic and febrifuge, of great service in ague and low nervous fever. Dose: from one to four tea-spoonfuls every two, three, or four hours.

**ESSENCE OF PEPPERMINT.**—*The oil, one ounce; alcohol, a pint and a half.*

**ESSENCE OF SPEARMINT.**—*The oil, half an ounce; alcohol, a pint and a half.* Both are antiemetic, antispasmodic, stimulant; the latter febrifuge and diuretic.

### USEFUL PRESCRIPTIONS.

**AROMATIC VINEGAR.**—*Vinegar, three half pints; rosemary and origanum dried, each one ounce; dried lavender, half an ounce; bruised cloves, half a drachm; digest a week; press and filter, and add a table-spoonful of spirits of camphor.* A pungent and refreshing perfume in faintness, an invaluable disinfectant for the sick-room, the addition of cinnamon, nutmeg, wormwood, calamus, sage, rue, and spearmint, makes the celebrated Thieves' Vinegar, so called from four thieves, who plundered the dead during the plague at Marseilles, with perfect impunity, and were pardoned on condition of divulging the secret of their safety.

**ACOUSTIC BALSAM.**—*Tinctures of benzoin, castor and opium, each half an ounce; essential oil of assafœtida, four drops.* Use, one or two drops poured into the ear; or a piece of cotton saturated and placed therein.

**ACOUSTIC OIL.**—*Almond or sweet oil, four drachms; oil of turpentine, two scruples.* Used for deafness.

**AGUE BITTERS.**—*Blood-root and wild turnip, one table-spoonful each; and two tea-spoonfuls of mandrake-root, all pulverized; infuse in a quart of wine.* A table-spoonful as often as the stomach will bear it.

**ANTI-EMETIC DROPS.**—*Capsicum, one ounce; salt, two ounces; vinegar, one quart.* A table-spoonful, for nausea, vomiting and seasickness.

**ANODYNE DIAPHORETIC POWDERS.**—(See Dover's Powders, p. 222.)

**ALKALINE MIXTURE.**—*Liquor of potassa, three tea-spoonfuls; laudanum, one tea-spoonful; tincture of nutmeg, two tea-spoonfuls; water, five ounces.* Anodyne and antacid, for flatulence, dyspepsia, and heartburn. One table-spoonful thrice a day.

**ASTHMA MIXTURE.**—*Milk of gum ammoniac, three ounces, syrup of squills, two ounces; wine of ipecac., one ounce.* Mix. Dose: a small tea-spoonful four or five times daily.

**ASTHMATIC PILLS.**—*Lobelia seed, two ounces; capsicum, half an ounce; bitter-root, hoarhound, bayberry bark, and ladies slipper, each one ounce; skunk cabbage, two ounces; all powdered, make into pills with mucilage of gum arabic and honey.* Dose: two or three daily.

**BALDNESS, POMATUM FOR.**—*Suet, one ounce; tincture of cantharides, one tea-spoonful; oils of origanum and bergamotte, of each, ten drops.* Melt the suet and when nearly cold add the rest and stir till set.

**BRONCHITIS AND ASTHMA, PILL FOR.**—*Tar, loaf-sugar, and powdered skunk cabbage.* One every two or three hours as they agree with the stomach. Continue daily till cured.

**CARMINATIVE DROPS, ANODYNE.**—*Pleurisy-root, and angelica-root, each, four ounces; ladies slipper, two ounces; calamus, half an ounce; anise, dill, or fennel seeds, an ounce each; catnip, and mother-wort leaves, a handful of each.* Digest in two quarts of spirits a few days, in a moderate heat, press and filter, and add eight ounces of loaf-sugar, and bottle for use. One to four tea-spoonfuls in a cup of warm tea four or five times a day; it eases pain, creates moderate perspiration and brings refreshing sleep; good for restless children, flatulence, wind colic, hysterics, and nervous affections.

**TOOTH ANODYNE.**—*Creosote, and oil of cloves, equal parts.*

**ANOTHER.**—*Oil of cinnamon, and oil of cloves, equal parts, Mix.* Dip a piece of cotton in the mixture and put it into the tooth.

**COUGH MIXTURE.**—*Honey, five ounces; molasses, four ounces; vinegar, seven ounces; simmer fifteen minutes, and when the mixture becomes lukewarm add two tea-spoonfuls of ipecac wine.* A table-spoonful every three or four hours, or when the cough is troublesome, Excellent for colds and recent coughs, night-coughs, and for the coughs of children.

**COUGH SYRUP.**—*Elecampane, bugle, liquorice-root, balm of gilead buds, each two ounces; crawley and blood-root, each one ounce; bruise, and make a syrup.* A table-spoonful thrice a day. Expectorant, diaphoretic, pectoral and tonic.

**DIURETIC DROPS.**—*Sweet spirits of nitre, balsam of fir, and olive oil, each two ounces; spirits of turpentine, one ounce; spirits of camphor, two tea-spoonfuls.* Half to a whole tea-spoonful three or four times a day, in a cup of gumarabic or slippery elm tea. Excellent for scalding of the urine, and inflammation of the kidneys.

**DEMULCENT INFUSION.**—*Bruised flaxseed, marshmallows, or slippery elm, an ounce; liquorice-root sliced, half an ounce; boiling water two pints; macerate four hours near the fire and strain.* Drink freely. Excellent for inflammation and irritation of the urinary organs; in recent coughs, and as a vehicle for other medicines.

**EVAPORATING LOTION.**—*Sulphuric ether, rectified alcohol, solution of acetate of ammonia, each one and a half ounces; rosewater three and a half ounces.* Mix. Some add solution of diluted acetate of lead, six drachms. Refrigerent if allowed to evaporate by free exposure on the part affected; stimulant if the evaporation is prevented by being covered.

**EYE-WATER, LAURUS.**—*Pith of sassafras, half a drachm; rose-water, a pint; white vitriol, one drachm.* For acute inflammation of the eyes.

**EXPECTORANT PILLS.**—*Blood-root, mandrake, and indian hemp, each one ounce; lobelia, leaves and seeds, a quarter of an ounce; liquorice ball, one ounce; mucilage of slippery elm or flax seed and honey, q. s. make into pills.* One every six hours, for coughs, colds, consumption, or liver complaint.

**EYE-WATER.**—*White vitriol, ten grains; water, four ounces; wine of opium, a tea-spoonful.* Anodyne and astringent.

**GOUT CORDIAL.**—*Colchicum, half an ounce; gentian root, three quarters of an ounce; cardamom and caraway seeds bruised, each two ounces; infuse in a quart of the best brandy, for a fortnight.* A table-spoonful in water, two or three times a day.

**HYDRAGOGUE PILLS.**—*Jalap, scammony, gamboge, and capsicum, each twenty grains; mucilage, q. s. and make into thirty pills.* Two ever hour. For dropsy of the chest

**EFFERVESCING, OR REFRIGERENT DRAUGHT FOR FEVERS.**—*Pearlash, a tea-spoonful; cinnamon-water, two tea-spoonfuls; water, three table-spoonfuls, and a tea-spoonful of syrup. Mix, and add a table-spoonful of lemon-juice, or half a tea-spoonful of tartaric acid dissolved in a little water; drink immediately.* An excellent draught to quiet the stomach, to allay heat, quench thirst and determine to the surface; may be repeated every three hours. Muriatic acid may be substituted to advantage for the lemon-juice.

**ANTIPHLOGISTIC LOTION.**—*Solution of acetate of lead, six drachms; liquor of acetate of ammonia, four ounces; water, a quart. Mix.* Refrigerent, sedative and repellant. Useful to allay inflammation,

**COMMON ASTRINGENT LOTION.**—*Alum, half a drachm; water, a pint.*

**VEGETABLE ASTRINGENT LOTION.**—*Barks of white oak, hemlock tree, witch hazle and sumach root, equal parts, make a strong decoction. A little alum may be added.* Makes an excellent injection, for prolapsus uteri and fluor albus. For falling of the bowels wash the part daily.

**LIVER PILLS.**—*Mandrake, blood-root, and blue flag, pulverized, and extract of dandelion, equal parts; add a few drops of oil of spearmint and make into pills.* One pill three times a day and more if they can be borne. Excellent for jaundice, liver complaint and affections of the urinary organs, pain in the side, shoulder or back.

**MIXTURE FOR BOWEL COMPLAINTS.**—*Magnesia and calcined charcoal, two tea-spoonfuls frequently repeated.*

**RHEUMATIC CONFECTION.**—*Gum guaiacum, half an ounce; rhubarb, half an ounce; cream of tartar, two ounces; sulphur, four ounces; two nutmegs; reduce all to a powder, and add one and a half ounces of honey, then beat together in a mortar.* Two table-spoonfuls night and morning.

**RHEUMATIC TINCTURE.**—*Prickly ash berries, two ounces; poke berries bruised, eight ounces; gum guaiacum, four ounces; white turpen-*

*tine, four ounces; half a gallon of alcohol. A table-spoonful twice or thrice a day.*

**SAPPINGTON'S PILLS.**—*Sulphate of quinine, forty grains; gum myrrh, ten grains; powdered liquorice, thirty grains; oil of sassafras to flavor. Divide into forty pills. One pill every one or two hours, or longer to suit the case.*

**SOLUTION OF QUININE.**—*Forty grains of quinine; elixir of vitriol sufficient to dissolve the quinine; five ounces of water. Mix. A tea-spoonful as above; equivalent to one grain of the salt.*

**SWEATING DROPS.**—*Ipecac., saffron, boneset, and camphor, each two ounces; opium, one ounce; alcohol, four pints. Macerate and filter. A tea-spoonful, in a cup of hot catnip or sage tea, every hour till free perspiration is produced. Excellent for colds, fevers, inflammations, and a variety of diseases. The effect is greatly heightened by bathing the feet.*

**TONIC TINCTURE.**—*Horseradish, fresh root, eight ounces; white oak bark, five ounces; golden seal root, two ounces; capsicum, one ounce; good hard-cider, two gallons. Bruise all and shake daily, for ten days. Excellent for debility, consumption, and impoverished state of the blood; obstructed menses, dropsy, worms, and intermittent fever. Half a wine-glassful or more three times a day.*

**TONIC AND AROMATIC WINE TINCTURE.**—*To a package of the Health Bitters add half a tea-spoonful of cinnamon, cloves, nutmeg and capsicum all powdered, and half an ounce of sulphur; wine a quart. Infuse three or four days in a gentle heat and strain. A wine-glass as often as required; for ague, every two or three hours. After straining, as above, the articles may be still further infused in another quart of wine which will extract the remaining virtues, thus making two quarts of the very best kind of bitters.*

**SODA POWDER.**—*Dissolve super-carbonate of soda, thirty grains in half a tumbler of water; tartaric acid, twenty-five grains in quarter of a glass of water. Mix and drink immediately; a cooling and wholesome summer beverage.*

**TAR-WATER.**—*Tar, two pints; water, one gallon; stir fifteen minutes, and when the tar has subsided, strain and keep in well stopped bottles. Good for debility in old age, chronic catarrh, urinary complaints, and sometimes for consumption. Dose: a pint or more daily.*

**VINEGAR OF ROSES.**—*Petals of the red rose, a quarter of a lb.; strong vinegar, a quart; infuse for several weeks and strain. An excellent lotion.*

**N. B.**—Bottles, vials, jars, boxes, &c. containing medicines should always be kept well corked or tightly covered and plainly labelled. By this means the virtues of the medicines will be preserved and mistakes and fatal accidents prevented.



# MANUAL OF HEALTH.

## PART VII.

### WEIGHTS, MEASURES, &c.

#### APOTHECARIES' WEIGHT.\*

| Grains. |   | Scruples. |    | Drachms. |    | Ounces |    | Pound. |
|---------|---|-----------|----|----------|----|--------|----|--------|
| 20 gr.  | = | 1         | ℥. |          |    |        |    |        |
| 60 "    | = | 3         |    | 1        | ℥. |        |    |        |
| 480 "   | = | 24        |    | 8        |    | 1      | ℥. |        |
| 5,760 " | = | 288       |    | 96       |    | 12     |    | 1 lb.  |

#### Approximate Weights.

|                                                          |      |      |                  |
|----------------------------------------------------------|------|------|------------------|
| An even or <i>struck</i> tea-spoonful of finely powdered |      |      |                  |
| Mineral salts, weighs from                               | .... | .... | 45 to 60 grains. |
| Alkaline or acid salts, from                             | .... | .... | 35 to 40 "       |
| Gums generally from                                      | .... | .... | 20 to 25 "       |
| Vegetable substances generally from                      | .... | .... | 15 to 18 "       |

\* Prescriptions of physicians are always written in the Latin language. The articles are named in Latin, the figures used, i, ij, iij, iv, v, &c., are Latin, and the denominations in the above characters. To illustrate, we will give a single prescription, from the U. S. Dispensatory.

℞. Cinchon. Rub. pulv. ℥ss; Confect. Opii. 3j;  
 Suc. Lemon. recentis f3ij; Vin. Oporto f3iv: Misce.  
 Tertia pars, teriâ quâque horâ sumenda.

which rendered into plain English, would read about as follows — Recipe. Red Peruvian Bark, pulverized, half an ounce; Confection of Opium, one drachm; fresh Lemon juice, two fluid-drachms; Port Wine, four fluid ounces. Mix. Three parts; taken every third hour.

The advantages of this system are, that the Latin is a catholic language to medical men of all civilized nations: in this way all physicians and druggists understand each other perfectly, so that the prescription of a French physician would be as well understood by any druggist here, as if written by one of our best physicians. Another advantage is, that medical men can thus adopt the discoveries of all nations without knowing a word of the oral language of the discoverer, and be sure that they have the knowledge correctly.

The vice of the system, however, is that people are blinded and kept in ignorance of the medicines administered to themselves or their friends, and too often mercurial and other dangerous mineral preparations are given. Throughout this work we have generally, where great nicety was not essential, prescribed in approximate weights and measurements.

## APOTHECARIES' MEASURE.

| Minims. | Fluid Drachma. | Fluid Ounces. | Pints. | Gallon. | Cub. inches. |
|---------|----------------|---------------|--------|---------|--------------|
| 60m     | = 1 f 3.       |               |        |         |              |
| 480     | = 8            | = 1 f 3.      |        |         |              |
| 7,680   | = 128          | = 16          | = 1 O. |         |              |
| 61,440  | = 1024         | = 128         | = 8    | = 1     | = 231        |

*Approximate Measure.*

A tea-cup contains about four fluid ounces, or a gill.  
 A wine-glass do. do. two do. do.  
 A table-spoon do. do. half a do. do.  
 A tea-spoon do. do. a fluid drachm.  
 60 drops of *water* make a tea-spoonful.

## PROPORTIONING MEDICINES FOR DIFFERENT AGES.

| Under $\frac{1}{2}$ year, 1-16 of a full dose. |      |     |     | Under 14 years, 1-2 of a full dose. |                |     |     |
|------------------------------------------------|------|-----|-----|-------------------------------------|----------------|-----|-----|
| " 1 "                                          | 1-12 | " " | " " | " 18 "                              | 2-3            | " " | " " |
| " 2 "                                          | 1-8  | " " | " " | " 21 "                              | the full dose. |     |     |
| " 3 "                                          | 1-6  | " " | " " | " 63 "                              | 11-12          | " " | " " |
| " 4 "                                          | 1-5  | " " | " " | " 77 "                              | 5-6            | " " | " " |
| " 7 "                                          | 1-3  | " " | " " | " 100 "                             | 2-3            | " " | " " |

Opiates affect children more powerfully than adults, and in prescribing generally the following circumstances should always be kept in view:—

**SEX.** Women require smaller doses than men; they are more rapidly affected by purgatives than men; and the condition of the uterine system must never be overlooked.

**TEMPERAMENT.** Stimulants and purgatives more readily affect the sanguine than the phlegmatic, and consequently the former require smaller doses.

**HABITS.**—The knowledge of habits is essential; for persons in the habitual use of stimulants and narcotics require larger doses of those medicines to affect them when laboring under disease.

## SUNDRIES.

**BATHING.**—We have throughout this work strongly insisted on frequent ablutions. Those in health should bathe or wash the whole surface of the body, with tepid or cold water daily, or at least tri or semi-weekly. Our own practice for years has been, each morning after the teeth, face, neck and hands have been cleansed, to wash the whole body with a coarse towel and the water in the bowl, occasionally using soap or a little soda, and afterwards rubbing freely with another coarse towel.

Systematic bathing is undoubtedly the best of all preventives against all ordinary diseases, and equally so against epidemics, as is established by the following fact derived from official authority. During the fatal visitation of the Cholera in 1832, out of 16,218 subscribers to the public baths of Paris, Bordeaux, Lyons and Marseilles, only two deaths among them all could be traced to cholera. Comment is unnecessary.

**SUPERIOR BREAD WITHOUT YEAST.**—Mix one tea-spoonful of Cream of Tartar with a quart of flour, dry; dissolve one tea-spoonful of Super-Carb. Soda in a sufficient quantity of sweetmilk; mix the whole thoroughly, and bake immediately. If water be used, add a little shortening. If buttermilk, or thick sourmilk be used, no tartar is necessary. The above makes a light, white and delicious bread, and saves a vast deal of trouble and anxiety. Follow the same plan for biscuit, buckwheat cakes, and all species of bread.

**FETID BREATH.**—Scarcely anything is more disagreeable, nay, painful to others, than a foul breath. The real cause is either a diseased stomach or carious teeth: when the former is the case, an occasional dose, and one of the Vegetable Pills each morning should be taken. An emetic may often be given to advantage.

When rotten teeth are the cause, they should be removed; or, if this be impossible, let them be kept clean. Dirty teeth very often cause the breath to smell bad. By the use of the tooth-brush twice a-day, occasionally rinsing out the mouth with a little clean water, to which a few drops of a solution of Chloride of Lime, or Chloride of Soda, has been added, is an effective method. See wash for the teeth, page 286.

**SIMPLE COSMETIC.**—Half a pound of white soap; melt over a slow fire with one gill of sweet oil; add a tea-cupful of sea sand, and stir till cold. This simple and cheap cosmetic has been used by many ladies remarkable for the delicate softness and whiteness of their hands, which they in a great measure attribute to the use of it.

*Skin Paints and Stains.*—Rouge and carmine are most commonly used to give a red color. The former is the only cosmetic that can be employed without injury, to heighten a lady's complexion. The latter is apt to impart a *sallowness* by frequent use. *Starch* is often employed to impart whiteness.

**COLOGNE WATER.**—Oils of bergamotte, lemon and cedrat, each half an ounce; oils of rosemary, lavender, cinnamon and neroli, each one drachm; rectified alcohol tasteless, colorless, and scentless, two quarts. Shake well together. The above proportions may be varied to suit the taste.

Cologne water is principally used as a perfume, but fashionable ladies often use it as a cordial and stimulant to drive away the vapors. Linen wet with it, is a fashionable remedy for headache.

**LAVENDER WATER.**—Oil of lavender 1 oz.; essence of ambergris 1 oz.; eau de Cologne 1 pint; rectified spirits 1 quart. Very fragrant.

**METHEGLIN.**—Honey 100 lb; water 24 gallons; mix in a cask, and stir daily until dissolved; then add yeast 1 pint, and the decoction of 1 lb. of hops boiled in 6 gallons of water.—Mix well and ferment.

**MACASSOR OIL.**—Olive oil 1 lb.; oils of origanum and rosemary, each 1 drachm; mix.—Used to make the hair grow and curl.

**LIP SALVE.**—Flavor a little Green Mountain Ointment with oil of bergamotte or lavender.

**WASH FOR FRECKLES.**—Brandy 1½ oz., or alcohol 1 oz.; water 9 oz.; diluted muriatic acid a tea-spoonful; mix.—To be used after washing.

**TOOTH POWDER.**—Cuttle fish bone 3 oz.; cream of tartar  $\frac{1}{2}$  oz.; orris root  $\frac{1}{2}$  oz.; all finely powdered. Mix.

Finely powdered rotten stone and prepared chalk make an excellent dentrifice. Chalk ball and a small quantity of Camphor rubbed together is very good, simple and cheap.

**WASH FOR THE TEETH.**—Chloride of lime  $\frac{1}{2}$  oz.; water 2 oz.; agitate well together in a vial for half an hour, filter, and add spirit 2 oz.; rose or orange flower water 1 oz. Used diluted with water, by smokers and persons having a foul breath.

**WINES.—GENERAL FORMULA.**—To 1 gallon juice add 2 gallons water in which 6 lbs sugar has been dissolved; cream of tartar dissolved in boiling water  $1\frac{1}{2}$  oz.; 1 quart of proof spirits to 8 gallons of the wine is an improvement. You may use a little of the essential oil of almonds, to impart a nutty flavor. Ferment, add finings, and rack. Use the above formula for **BLACK OF RED CURRANT, CHERRY, RASPBERRY, ELDERBERRY, STRAWBERRY, WHORTLEBERRY, Blackberry and grape wines.**

**HONEY WINE.**—Honey 20 lbs.; sound cider 12 gallons; ferment and add rum and brandy, each  $\frac{1}{2}$  gallon; cream of tartar 6 oz.; bitter almonds and cloves bruised, each  $\frac{1}{2}$  oz. Ferment, &c., as above.

**CHAMPAGNE WINE.**—We have, through a friend, obtained from England the recipe for making the celebrated patent or Bath Champagne, which we have taken the pains to test, before insertion here, and have great pleasure in saying that the imitation, though but a few weeks old, is very perfect.

We commend it to all persons living in the country, for common family use as a dinner drink, in place of cider or beer, being unquestionably an innocent, very agreeable and healthful beverage, which will not be likely to intoxicate or induce habits of intemperance. It is also very cheap and simple to make.

Take the juice from the stalks of the garden Rhubarb one gallon; to it add one gallon of water in which 7 lb. of sugar has been dissolved; put the mixture into a cask with the bung hole open, and let it ferment; keep the cask full by adding sweetened water, so that it may purge itself. When it is sufficiently fermented, bung down. A little sweet briar, orris or orange flower water, may be added to give it a slight *bouquet flavor*.

100 lb of the stalks will produce 75 lb. of juice, and will take a higher fermentation than the juice of any other vegetable yet discovered.

Fine with isinglass, before bottling.

Four ounces of isinglass dissolved in a pint or more of the wine, is sufficient for a barrel of wine.

### DOCTORS' FEES.

The reader who, himself or whose family, may have derived the usual benefit from the venture of a few shillings in the Graefenberg medicines, will be apt to smile and congratulate himself, when he compares it with the following scale of prices established for themselves by the faculty of New York, as taken from the New-York Lancet.

**A LIST OF MEDICAL AND SURGICAL CHARGES, ADOPTED BY THE ASSOCIATED PHYSICIANS AND SURGEONS OF THE CITY OF NEW YORK, DEC. 1815.**

|                                           |                   |                                 |             |
|-------------------------------------------|-------------------|---------------------------------|-------------|
| Verbal Advice,                            | from 00 to \$5 00 | Extirpation of testis,          | \$50 00     |
| Letter of Advice,                         | \$10 " 15 00      | Do. of eye,                     | 100 00      |
| Ordinary Visit,                           | 00 " 2 00         | Do. tonsils,                    | 25 00       |
| Consultation do.                          | 5 00              | Do. tumor,                      | 5 to 50 00  |
| After Visits, each,                       | 3 00              | Perforating rectum,             | 25 00       |
| Night Visit,                              | 7 00              | Do. nostrils, external ear, va- |             |
| Visit at a distance, per mile,            | 1 50              | gina or urethra,                | 5 to 25 00  |
| Do to Brooklyn,                           | 3 00              | Dividing the frenum linguae or  |             |
| Do to rowles' Hook, summer,               | 5 00              | penis,                          | 3 to 5 00   |
| Do to Staten Island,                      | 10 00             | Paracentesis of abdomen,        | 15 " 25 00  |
| Both these last to be doubled in winter   |                   | Do. of thorax,                  | 60 00       |
| or storm.                                 |                   | Operation for the doulot reux,  | 25 00       |
| First visit in Epidemic, or other dis-    |                   | Do. for harelip,                | 25 00       |
| eases where personal danger is            |                   | Do. for hernia,                 | 125 00      |
| apprehended,                              | 5 00              | Do. Fistula in perineo,         | 50 00       |
| Each succeeding, under the same cir-      |                   | Do. Fistula in ano,             | 50 00       |
| cumstances;                               | 3 00              | Do. for phymosis,               | 10 00       |
| Vaccination,                              | 5 to 10 00        | Do. fistula lachrymalis,        | 40 00       |
| Each dressing of a wound,                 | 1 " 5 00          | Do. paraphimosis,               | 10 00       |
| CUPPING,                                  | 5 00              | Do. wry neck,                   | 50 00       |
| BLEEDING IN ARM OR FOOT,                  | 2 00              | Do. depressing cataract,        | 125 00      |
| Do IN JUGULAR VEIN,                       | 5 00              | Do. extracting do.              | 150 00      |
| Dressing blister,                         | 1 00              | Do. anterior of Saunders,       | 25 00       |
| Scarfing eye,                             | 5 00              | Do. popliteal aneurism,         | 100 00      |
| Puncturing oedematous swellings,          | 2 00              | Do. for carotid aneurism,       | 200 00      |
| Inserting seton,                          | 5 00              | Do. for inguinal or external    |             |
| Do. issue,                                | 2 00              | iliac,                          | 200 00      |
| Visits in haste to be charged double.     |                   | Lithotomy,                      | 150 00      |
| Detention \$3 per hour. Do. \$25 per day. |                   | Bronchotomy,                    | 25 00       |
| Introducing catheter,                     | 5 00              | Trepanning,                     | 100 00      |
| Each succeeding time,                     | 2 00              | Common case of midwifery,       | 25 to 35 00 |
| Do. in females,                           | 5 00              | Tedious or difficult cases,     | 30 " 50 00  |

This scale of charges continues to the present time, and has undergone no material modification during the last thirty years. Some of the items are highly amusing: thus the charge of \$10 to \$15 for a "letter of advice," looks very much like a provident insurance against the effects of mistakes upon the reputation and emoluments of the physician, and it is only to be deplored that the scheme contains no similar provision in behalf of the unfortunate patient. So, again, the charges, as aggravated by the state of the weather and personal danger from an epidemic. The ordinary fee, it has been seen, for a visit to Staten Island, performed by the regular ferry in thirty minutes, is \$10; in winter, or stormy weather, double the amount, or \$20; and if the case be yellow fever, "or other diseases where personal danger is apprehended," \$5 more, making the visit worth \$25. But it is doubtless intended as a compliment to their own professional skill that they charge so much less when personal danger is apprehended from an epidemic, than when they have merely to face bad weather. \$10 is the charge against a storm, while a plague or pestilence escapes with only \$5! But we leave the analysis of this list to the reader himself, as a rich source of amusement, except in instances where personal or domestic experience has proved it to be too true for a joke. The lucrative advantages conferred upon the profession by the above association of physicians and surgeons, became so manifest, that in a few years, further improvements in the management of the patients were naturally suggested with a view to the same objects. Accordingly, in the year 1823, another association of physicians and surgeons was instituted, called

the "Kappa Lambda Society." One of the regulations of this fraternity was to tax the druggists a heavy per centage for the privilege of putting up the prescriptions given to patients by the members; and these prescriptions were so framed as to enable the druggists amply to remunerate themselves for the tax imposed, by making up a large bulk of cheap ingredients, colored water, &c., and charging the patients according to quantity, "in every case where they will stand it."

The contempt with which these "Kappa Lambdas" affect to look down upon the Homœopathic practitioners, who prescribe diminutive quantities of medicine affording no opportunity of exacting a revenue from the druggists, is more easily imagined than portrayed.

Additional revenue was to be extorted, not merely from the druggists, in the manner above stated, but by multiplying the frequency and number of consultations, for which, as we see by the above list, every member invited is allowed to charge an additional fee of five dollars.

These same "Kappa Lambdas," and their kindred societies in this city, have always manifested a special interest in the Graefenberg Company; and, at their weekly meetings, freely discussed the best mode of putting down the mammoth company, who by the variety and cheapness of their medicines, the clearness and simplicity of their treatment, and above all, their success in curing diseases, were making such sad inroads into their practice and fees. And now, dear reader, how do you imagine they attempted to do their work? Why, by abusing and misrepresenting us, and by threatening to withdraw their prescriptions from those druggists who should continue to sell our medicines, or refuse to haul in our attractive show-bills and other insignia; but, wonderful to relate, all ended like the laboring mountain, so eloquently described by Æsop, and we survived.

In simple justice to ourselves, we cannot close these remarks without stating another circumstance which illustrates the contemptible meanness of these legalized *leeches*. During the fall of 1848, when the cholera was raging to an alarming extent at the quarantine station, and slightly in this city, being thoroughly convinced that our Dysentery Syrup was a certain cure, we accordingly addressed a letter to the Sanatory Committee of the Common Council, accompanied by a dozen bottles of the Syrup. This communication was received with great attention, and a member of the Company invited to wait on the Committee. An unanimous desire was manifested to have it tested at the Quarantine, but the medical members of the Committee demanded to know the ingredients as a *sine qua non*, which was of course respectfully refused; however, the Chairman, Ald. Hibbard, ordered it to be sent down to the island for trial, AND FROM THAT TIME THERE WAS NO MORE CHOLERA THERE. We deem it conclusive that our medicines did the work, and in this conviction we are fully confirmed by a note from Alderman Hibbard to that effect; but from the physicians in charge of the Hospital we never could obtain any information as to the result.

\* E. BARTON, Secretary.

New-York, April 25th, 1849.

Sir:—My position last year, as Chairman of the Sanatory Committee of this city, brought me constantly in contact with persons suffering from Cholera, Dysentery, &c. Facts coming under my own observation, with reference to the efficacy of your Dysentery Syrup in these diseases, have been confirmed by the testimony of my associates on the committee, and particularly by Alderman De Forest, of the First Ward. So strongly was I impressed with the value of your preparation, I caused it to be sent to the Quarantine, where the Cholera then existed: and it is not a little remarkable that but a single case was reported afterwards.

TIMOTHY R. HIBBARD, M. D.

Chairman Sanatory Committee, Board of Health, N. Y.

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| Sand in the Bladder             | 95      | Veal Tea,              | 211     |
| Sarsaparilla,                   | 231     | Vegetable Pills,       | 263     |
| SARSAPARILLA, COMPOUND          | 266     | Vegetable Poisons,     | 190     |
| Scalds,                         | 192     | Vegetable Remedies,    | 65      |
| Scald Head,                     | 140     | Veins,                 | 116     |
| Scarlet Fever,                  | 135     | Vertigo,               | 158     |
| Scrofula,                       | 150     | Vinegar,               | 233     |
| Scurvy,                         | 151     | Vinegar Whey,          | 210     |
| Serpent, Bite of,               | 189     | Voltaire's Dish,       | 212     |
| Sick Headache,                  | 157     | Wake Robin,            | 247     |
| Sick Room,                      | 203     | Warts,                 | 197     |
| Silk Weed,                      | 251     | Water,                 | 208     |
| Season for collecting Vegetable |         | Water Brash,           | 81      |
| Medicinal Articles,             | 261     | Water in the Head,     | 155     |
| Skin, The,                      | 50      | Wax Myrtle,            | 237     |
| Slippery Elm,                   | 244     | Whites,                | 165     |
| Slippery Elm Tea,               | 209     | Wine,                  | 212-256 |
| Small Pox,                      | 137     | Wine Whey,             | 210     |
| Snake Root Tea,                 | 209     | Wild Carrot,           | 241     |
| Snake Head,                     | 237     | Wild Cherry,           | 241     |
| Sore Nipples,                   | 169     | Wild Chamomile,        | 251     |
| Source of Heat,                 | 118     | Wild Ginger,           | 258     |
| Spinal Affections,              | 164     | Windpipe,              | 98      |
| Spirits of Turpentine,          | 233     | Wind in the Stomach,   | 82      |
| Sprains,                        | 196     | Worms,                 | 89      |
| Stink Weed,                     | 259     | Wounds,                | 193     |
| Stomach,                        | 78      | Yaw Root,              | 356     |
| Stomach Cough,                  | 101     | Yeast,                 | 233     |
| St. Anthony's Fire,             | 136     | Yellow Dock,           | 243     |
| Stoppage of Urine,              | 95      | Yellow Fever,          | 131     |

## APPENDIX.

We submit to the inspection of the candid reader the following direct and positive testimony to the extraordinary Medical virtues and efficacy of the GRAEFENBERG MEDICINES, voluntarily rendered by individuals of the highest standing in the community, who, in their own families, in various parts of the country, have fairly and fully tested them. These convincing Certificates, it will be seen, come not from obscure persons hardly known to any one, or, as so frequently is the case with Patent Medicines, from fictitious sources, but are commended to attention by the high official station and professional distinction of those from whom they emanate, such as the Mayor, and several Aldermen, of the City of New-York, the Governors of several of the States, eminent Clergymen, and other distinguished men throughout the United States :

Extract from the Daily Globe.—New-York, March 12, 1847.

There is one branch of business towards which we are happy to see that real talent and practical knowledge are beginning to be directed. We refer to the *Patent Medicine* business.

It cannot be denied that this class of remedies is constantly receiving increased favor from the community. And well they may, for numberless are the instances in which the most extraordinary cures have been effected by them, even against hope. The point, however, to which we would now especially refer, is the importance of having this extensive business conducted upon elevated principles, whether in the manufacturing or the vending departments. When it is remembered that Patent Medicines are to be found in almost every dwelling of the land, and that in numerous places no other medicines are used, this matter assumes great importance. As for preventing their sale, by legislative action, or by the fulminations of regular practitioners, it is idle to expect it. Not only so, it would not be desirable to prevent it if we could. A really good Patent Medicine is a great blessing ; and if properly administered, it is far superior to the prescription of a half educated medical man. Seeing that these things are so, it is a pleasure to know where to look for a supply of articles of sterling value.

The Graefenberg Company of New-York furnish some articles which we have occasion to know are eminently worthy of public patronage. That Company commenced its operation upon plans immeasurably in advance of all other dealers in this description of wares. They seek to *elevate* the business ; to give it its true position in the commercial scale. To do this, they furnish none but the purest and most effective preparations ; and in every respect conduct their extensive operations in a manner similar to that of our largest mercantile houses.

The curative powers of the Graefenberg Vegetable Pills certainly surpass any other medicine before the public, and they should be introduced into every neighborhood.

From the Mayor of the City of New-York.

The Graefenberg Company having submitted to me a large number of Testimonials, to which the names of the Rev. N. BANGS, D. D., and FRANCIS HALL, Esq., of New-York, are affixed as having examined said testimonials, and found them genuine : I take great pleasure in certifying that the above named gentlemen are of the highest standing and respectability, and that their names should give the greatest weight to anything to which they may attach them.

WM. V. BRADY.

Mayor's Office, City Hall }  
January 14, 1848.

(Great Seal.) Mayor of the City of New-York.

From Rev. N. Bangs, D. D., one of the most celebrated Ministers of the M. E. Church.

New-York, January 13, 1848.

I hereby certify that I have examined a number of Testimonials exhibited to me by the Graefenberg Company, relative to the merits of their Medicines : and I take pleasure in saying that they present evidence of genuineness, and are therefore entitled to the confidence of the public.

(Signed)

N. BANGS.

From Francis Hall, Esq., Editor of the Commercial Advertiser.

I hereby certify that I have examined a large number of Testimonials exhibited to me by the Graefenberg Company, relative to the merits of their Medicines, and I take a pleasure in saying that they seem to be genuine, and entitled to the confidence of the public. My personal acquaintance with some of the members of the Company fully justifies me in expressing the opinion that their Medicines are worthy of confidence.

New York, January 12, 1848.

(Signed,)

FRANCIS HALL.

From the President of the Board of Aldermen of the City of New-York.

To E. BARTON, Sec'y.

New-York City, March, 13, 1849.

Sir: Having had an opportunity to test the efficacy of your valuable medicines in my family, and especially those prescribed for Affections of the Bowels, Burns, Chapped Skin, &c. I most cordially recommend them as affording very early and efficient relief in cases of this character. Some of them have acted as a perfect charm in their application, and I cannot doubt that when they are as well known as their merits demand, that they will afford relief to thousands now sorely afflicted. Yours with respect.

MORRIS FRANKLIN.

From J. S. LIBBY, Esq., Alderman of the 2d Ward, N. Y.

EDWARD BARTON, Sec'y of the Graefenberg Company. New-York, March 30, 1849.

Dear Sir: The astonishing effects of the Dysentery Syrup prepared by your Company, in my own experience, induces me to tender this testimony to its virtues. I am, as you know, proprietor of Lovejoy's Hotel, and among my numerous guests I have had frequent opportunity of testing the efficacy of the Dysentery Syrup, as travelers are often afflicted with Dysentery and other bowel complaints. Within the last two years I have known it tried by several hundreds of my guests, in some cases suffering under the very worst forms of Dysentery, and I can say with truth that I have not known it to fail in a single case; I really believe it is an absolute specific for all similar derangements of the bowels.

I have also used the Children's Panacea in my own family with great success: and five or six cases have come under my observation, in which I have known the Catholicon to effect a complete cure of the complaints for which it is recommended, and among these cases were some very severe, and of long standing. Yours,

JAMES S. LIBBY.

Mrs. SARAH CAMPBELL, of Cincinnati, O., Nov. 19, 1848, after many grateful expressions, says: I was afflicted for the space of five years with large Fever Sores; employed respectable physicians and the usual remedies without effect. Health impaired so as to be almost entirely confined to my bed and chair. Commenced with the Vegetable Pills, and in a few days with the Sarsaparilla Compound: when my system was fairly under their influence, the Green Mountain Ointment was applied to one sore at a time, and in four weeks the sores were entirely healed up. I have since walked to the river, visited my friends in Kentucky, and attended my household affairs.

C. D. BASS, of Shelbyville, Ind., Nov. 17, 1848, says: The Graefenberg Medicines give general and particular satisfaction whenever used. They are destined to supplant all others.

From William Hayden, Esq., late Adjutant General of the State of Connecticut. Well known to the Community.

Hartford, Conn., 31st Jan., 1849.

It is one year ago, this day, that I received from the agent at Hartford, Mr. W. H. Pratt, a bottle of "Libby's Pile Ointment," and the most extraordinary cure that medicine has effected in my own case impels me to make the facts public. I had been afflicted with the Piles, in their most distressing and discouraging form, for a period of twenty years. I had had recourse, also, to the best medical skill, and this, too, without benefit. I supposed my case incurable, perfectly so; indeed, I thought the disease would destroy my life. Under these circumstances, I commenced the use of Libby's Pile Ointment, and the result is all I could ask. The relief is inexpressibly great; and there is no language at my command sufficient to express my gratitude. To give the greater weight to my statements in parts of the country where I am not known, I can refer for my standing to the following persons; Hon. T. W. Stuart, Member of Conn. Senate; Hon. John M. Niles, U. S. Senate; Hon. Gideon Wells, Washington, D. C., ex-Governor, &c. &c.

Your obedient servant,

WM. HAYDEN.

This is to certify that about twenty-five years ago one of my legs was hurt by a horse, and it became a running sore, and by using salves and ointments, and by lying still for a while the sore would heal. Then, by exercising, it would again break out, and for six years past it has troubled me very much; and by hearing of your Green Mountain Ointment, and its being recommended by your Agent Mr. M. G. Burdge, in this place, I procured a few boxes and gave it a fair trial, which has proved an entire cure. My leg is sound and well; and I would recommend the Ointment to all afflicted as I have been, for fever sores, inflammation, &c. &c.

(Signed) JESSE AYRES.

State of Illinois, Kane Co. Nov. 27, 1848.

Personally came before me, Jesse Ayres, as the same person who signed the above certificate, and was sworn as to the facts of the same.

(Signed)

ALEXANDER H. BAIRD, J. P.

20 Chambers street, New York, April 24th, 1849.

To the Secretary of the GRAEFENBERG COMPANY:

Dear Sir:—Having been cured of a most distressing attack of the Piles, from which I suffered for a period of five or six years, I cannot refrain from giving you an opportunity of presenting the information I herewith give, to the public that those who suffer from the same dreadful disease, may learn where they may obtain the same remedy by which I have been restored to health. After having tried many other remedies without permanent relief, I was induced to try Libby's Pile Ointment manufactured by your Company, and by the use of one bottle or less, at the cost of \$1, I am completely cured.

With great regard, your obedient servant,

R. REED.

Elmira, Chemung Co., N. Y., Nov. 1, 1848.

To E. BARTON, Esq.:

Dear Sir:—I herewith send you a few letters from various individuals in my district which will go strongly to show the character of the Graefenberg Medicines where and when they are used, and so far as they have been used through this country, have not only given general satisfaction, but many have become enthusiastic in their favor, and would pay, I have heard them state repeatedly, two prices, if they could not get them without. The Pills have been longest known, and their reputation, especially amongst the female part of the community, has become very great. As the Graefenberg preparations have specific tendencies in the treatment of disease, they are, for this important reason, found to be more reliable, prove more sure and speedy than it is possible for medicine to do, prepared upon any other principle.

Very respectfully yours,

P. C. INGERSOLL.

P. S. The annexed certificate testifies as to the genuineness of the letters sent.

Chemung, County Clerk's Office, Nov. 6, 1848.

I hereby certify that I have examined a number of testimonials exhibited to me by the Agent of the Graefenberg Company relative to their medicines, and that I am personally acquainted with the persons whose names are subscribed thereto; and I take pleasure in saying they present evidence of genuineness and are therefore entitled to the confidence of the public.

GREEN M. TUTTILL, Clerk.

Springfield, Bradford Co., Pa., October 10th, 1848.

To MR. P. C. INGERSOLL:

Sir:—The Graefenberg Medicines which you left with me are nearly all sold, and the people here think that they are the best medicines and the cheapest they ever had. The Pills, and the Ointment in particular, have performed some extraordinary cures, and I can get any quantity of certificates if you wish it.

The Dysentery Syrup has been of untold value to me; I was prostrated in a few hours to the most helpless condition, when I commenced the use of the Syrup; it soon relieved me from pain; I continued the use of it until I used up two bottles; by this time the Dysentery had stopped, but I was very weak. I should have soon sunk under the violence of the attack if I had not had this medicine in hand.

Yours truly,

N. P. STACEY.

To MR. P. C. INGERSOLL:

Dix, Chemung Co., N. Y., October 11th, 1848.

Sir:—I was taken about three weeks ago with the Fever and Ague very severely, and as the Graefenberg Fever and Ague Pills were advertised in this place I procured two boxes, and commenced a thorough use of them as directed, which soon overcame the disorder, and I am happy now to be able to state that I feel entirely cured of this year to be dreaded disease. I think this is the most speedy and effectual remedy for Fever and Ague that has ever been offered to the public. You are at liberty to use this as you think proper.

I am yours truly, GEORGE FRENCH.

Cayuta, Chemung Co., N. Y., November 7th, 1848.

To Mr. P. C. INGERSOLL.

Sir :—I have been afflicted with the sick headache and piles from my childhood, and the nervous headache for many years with kidney complaint, and could not work two hours without being exhausted. I was an old man and concluded that my time was short and felt as if I was bidding farewell to this world. A year ago last spring Mr. Roberts, one of your travelling Agents, solicited me to become an agent. I promised to do so if the medicine would cure me. I made the test and am now a hardy man at 61 years of age. I have been selling the Graefenberg Medicines for one year, and they have in all cases where the directions have been complied with, effected all they have been recommended to do, and I am satisfied that they are the best series of medicines now in use.

WILLIAM D. CLARK.

To Mr. P. C. INGERSOLL :

Dear Sir :—For a long time past my eyes have distressed me to such a degree that I have been unable to attend to my business, and to read by candle light was out of the question.—Since I commenced the use of the Graefenberg Eye Lotion and Vegetable Pills I am able to read or write by candle light without difficulty, and I can say thus much, that so far as my own family is concerned, they have proved to be an invaluable blessing and at very little cost. My wife, for over three years past, has been very weakly with almost constant pain in the head, breast, and sometimes through all her limbs, and for nearly a year was confined to her room ; and in all this time I have been to great expense for medicine and doctors, and she got no better, but after I got your medicines she began the use of the Sarsaparilla and Pills and soon experienced great relief. She has taken three bottles now and her health and strength is quite restored. Quite a number of our neighbors have also used the medicines and I don't know a single case where they have not given satisfaction. The Children's Panacea, in particular, has been of great service, as one child's life unquestionably was saved by its use. Many certificates could be got here as to the superior merits of the Graefenberg Medicines.

Yours truly,

C. D. WHITLEY.

To Mr. P. C. INGERSOLL :

Dear Sir :—As I have not heard from you since you left here, I will drop a few lines to you and let you know how I got along. I sold all the Sarsaparilla in a week after you left, and have sold nearly all the Pills. The medicines have given general satisfaction to those who have taken them, and I might have sold much more if I had them. If agreeable to your wishes I would like to continue the sale of your medicines ; if so, send me a supply as soon as possible.

Yours truly,

WM. R. SPENCER.

To P. C. INGERSOLL :

North Chemung, Chemung Co., N. Y., Oct. 28d, 1848.

Dear Sir :—I herewith send you a few of the many certificates which might be obtained, of the beneficial effects of the Graefenberg Medicines that have come under my knowledge, with the vicinity of my agency, and first with regard to myself. I have been for upwards of 20 years afflicted with a violent cough and a pain in my side and breast, especially when I performed labor which required the exercise of strength ; and much of the time my cough was so violent that I could not lay in bed at night, raising immense quantities of phlegm from my lungs. I have expended a large amount of money for medicines, from time to time, from which I received no permanent relief, and I despaired of ever being able to reach my case. But in July, 1846, I received a specimen number of the Graefenberg Gazette, which set forth the causes of disease in the human system and the remedies for the same in such a plain, practical and reasonable manner, that it awakened in my mind a strong confidence in favor of the Graefenberg series of medicine. This revived a hope that I might here find a remedy for my afflictions, and I rejoice that this hope has not been a vain one. As soon as I received a quantity of the Pills, I commenced taking them, from which I received great benefit, and I can say with truth these Pills are the best that I ever used in my family. And the past summer I had the happiness to obtain two bottles of the Consumptive's Balm, which I have taken with the Graefenberg Sarsaparilla Compound, from which I have received more substantial relief than from all the medicines I ever took before ; so that now I can rest comfortably on going to bed, and my old cough has left me. I am fully convinced that the Consumptive Balm is a sovereign remedy for all pulmonary diseases and would recommend it to all those who are thus afflicted.

(Signed.)

ANTHONY COLLSON, P. M.

P. S. I would also state that last Spring one of my children was taken suddenly ill from the effects of a cold and was brought almost to the cold embrace of death in the form of croup, and by the use of the Children's Panacea she was soon restored to health.

A. COLLSON.

North Chemung, Chemung Co., N. Y., Oct. 23, 1848.

To P. C. INGERSOLL:

Dear Sir: In the month of August last I was taken with a violent attack of the Dysentery, and although I used the common remedies, yet it continued to rage with unabated violence, and as I am so far advanced in years, it was thought I could not recover; but my son Anthony, hearing of my illness, came and brought a bottle of the Graefenberg Dysentery Syrup, and by taking a few doses of it I obtained immediate relief. I deem this medicine of immense value and cheerfully recommend it.

SUSANNAH COLLSON.

North Chemung, Chemung Co., N. Y., Oct. 25, 1848.

To P. C. INGERSOLL:

Dear Sir:—I have been for a considerable time during the past summer grievously afflicted with sore eyes, so that I could not see to read or to attend to my domestic affairs; and they were very painful when I exposed them to the light. By the use of the Graefenberg Eye Lotion my eyes have been restored to a healthy state, and I believe this to be an excellent medicine for diseases of the eye.

AMY TRUMAN.

Certificate from the Governor of Virginia, with Seal of State.

VIRGINIA, to wit: I, William Smith, Governor of the State aforesaid, do hereby certify, and make known unto all whom it may concern, that Joseph Prentice, whose name is subscribed to the annexed certificate, is and was at the time of subscribing the same, Clerk of the Court of Nansemond County, duly appointed and qualified according to law; and that to all his official acts full faith, credit, and authority are due and ought to be given. In testimony whereof I have subscribed my name and caused the Great Seal of the State to be affixed hereunto.

Done at the CITY OF RICHMOND, the twenty-second day of November in the year of our Lord one thousand eight hundred and forty-eight, and of the COMMONWEALTH the seventy-third.

BY THE GOVERNOR.

WILLIAM SMITH.

WM. H. RICHARDSON,  
Sec. Com. and Keeper of the SEAL. }

State of Virginia, Clerk's office, Suffolk, Nasemond Co., Nov. 17, 1848.

THE GRAEFENBERG COMPANY, through their Agent, Mr. Joseph P. Hall, of this town, have submitted to me several certificates, relative to the efficacy of their patent medicines, to which the names of most respectable and worthy citizens, well known to me in this part of the country, are affixed. Having examined them, I hereby certify that their signatures are genuine, and entitled to credit and respect.

In testimony whereof I hereto set my hand and annex the SEAL of the said Court, at my office, the day, month and year first above written.

JOSEPH PRENTICE, C. C.

I hereby certify that I have examined a large number of testimonials and Certificates, exhibited to me by Mr. Joseph P. Hall, Agent for the Graefenberg Company, relative to the merits of their medicines, and I take pleasure in certifying that the certificates are genuine and entitled to public confidence.

CHARLES H. DISBROW,

Dated Oct. 17, 1848.

Rector of St. Paul's Church, Suffolk, Va.

☞ The above documents guarantee a number of certificates of cure effected by the various Graefenberg Medicines, too voluminous to publish in detail.

Utica, Oneida Co., N. Y., October 25, 1848.

I hereby certify that my son was severely afflicted for some time with the Dysentery, depriving him of rest, and subjecting him to excruciating pain; when, hearing of the Children's Panacea, its extensive and certain cure, I was induced to try a bottle. Having done so, I had used but two or three doses which gave relief and effected an entire cure.

THOS. LLOYD.

Cayuta, Chemung Co., N. Y., November 17th, 1848.

To MR. WM. D. CLARK:

Sir:—I was taken the fore part of last winter with the liver complaint, and after trying various medicines without avail. I used the two bottles of the Graefenberg Sarsaparilla and the two boxes of Pills that I got of you and am now able to do a good day's work. I can therefore strongly recommend these medicines as first rate.

Yours truly,

LOREN G. STEWARD.

The following is from the Alderman of the 9th Ward in the City of New York, a gentleman widely known and respected :

New York, May 1st, 1849.

E. BARTON, Sec'y Graefenberg Company, N. Y.

Dear Sir : I have been severely afflicted with the Piles, and I take pleasure in stating to my friends and the public the great benefit I have received from an article in your series of medicines, called "Libby's Pile Ointment," and have found it to be effectual and certain, and worthy of the confidence of the public.

Yours, &c,

S. DODGE.

(Extract)

E. BARTON, Secretary.

New Orleans, April 20, 1849.

Dear Sir : Our agent assures us that \$20,000 worth of the Graefenberg Medicines will not supply the demand in that State this year, so great is their popularity.

WELD & CO., 72 Camp street.

Rutledge, Granger Co., Tenn., Feb. 1, 1849.

To E. BARTON :

Dear Sir :—The medicines are getting more and more popular here. Soon, I anticipate, they will get such a firm hold on the good opinions of all classes in this country, that they will take the lead of all other patent medicines.

Respectfully yours,

U. L. LATHIM.

Howell, Livingston Co., Michigan.

On this 1st day of December, in the year 1848, personally came before me, the undersigned County Clerk of the County of Livingston, Alvin L. Crittenden, who being duly sworn did depose and say, "that for the last eight or nine years I have been afflicted with a pain and weakness in the stomach which rendered me unfit for labor and made me miserable most of the time. I tried various remedies with very little success, until about a year since I was induced to try the Graefenberg Vegetable Pills and Health Bitters from which I have received very essential benefit and have enjoyed better health than I have since the time first mentioned, and for similar complaints I would most cheerfully recommend the medicines, particularly the Pill as a Family Pill, and I would not be without them for three times their cost."

Subscribed and sworn to before me this 1st day of December, A. D. 1848.

E. F. BURT, Co. Clerk.

A. L. CRITTENDEN.

STATE OF MICHIGAN, LIVINGSTON CO., COUNTY CLERK'S OFFICE :

I, Elijah F. Burt, Clerk of said County, do hereby certify that Mr. Alvin L. Crittenden who has made the foregoing affidavit, is a worthy and respectable citizen of this County, whose word wherever he is personally known would not be doubted by any one. Witness my hand and the Seal of the County Court of said County at Howell, 1st day of December, A. D. 1848.

E. F. BURT, Clerk.

The foregoing is but one of several I might have obtained if I had access to persons who have been benefitted by them ; there is not a day scarcely, but some person comes in with a report of a cure performed by some of the Company's Medicines—for instance, one man says he prevented a severe attack of the "cold plague" which prevailed here last winter, or rather cured it by the use of the Green Mountain Ointment. Another who has been long afflicted with frequent attacks of fever and headache tending to congestion of the brain, has been relieved by the free use of the Pills and Sarsaparilla, and thinks he is cured. Another who has used a few boxes of the Pills says that he has not enjoyed as good health for years, and bought a dozen boxes ; as he says he will not be without them for any consideration. Another case, a Physician, whose family were all (four) attacked with the Dysentery, was in my store and said that they had taken every remedy he knew of, but he could not relieve it ; I persuaded him to take the Dysentery Syrup which he did and cured them before night. I might enumerate many more, but the reputation the medicines are daily winning for themselves, would make it a work of supererogation.

Yours truly,

GEO. W. LEE.

Belleville, Canada West, Sept. 4th, 1848.

To E. BARTON, Sec'y :

My Dear Sir :—I am requested by Mr. White (and I so do with much pleasure) to give you my opinion of the virtues of the Graefenberg Pills. I have used them in my practice this season, and can say that in all bilious diseases they have been one of the best cathartics I have found, and as a common and general family physic the above Pill is one of the safest that is in use, and that you can safely recommend them in preference to anything of the kind you have in Canada.

Truly yours,

JOHN P. MORGAN, M. D.



Loosapatchie, Shelby Co., Tenn., Oct. 22, 1843.

To A. MACKENZIE, Esq.:

I have had various opportunities of testing the merits of the Graefenberg Medicines, not only in my own family, but also amongst my neighbors, all of whom use more or less of the medicines, and I have yet to learn from any, the first case, where they have not given entire satisfaction. The Fever and Ague Pills have been proved to be perfectly reliable; they have cured every case where they have been tried, and have thoroughly eradicated the disorder. I need not hardly say that the Green Mountain Ointment is the best remedy I have ever heard of for sores, burns, and bruises.—An aged lady, who was in a very precarious situation, so that her life was despaired of, from the effects of a severe bruise, was speedily and entirely cured. I have used the Health Bitters for some months past, which have strengthened me much after suffering from the effects of congestive fever.

(Signed,)

JAMES C. WHITE.

From the Barbadoes (W. I.) Globe.

**THE GRAEFENBERG MEDICINES.**—We learn from various quarters, that the Graefenberg Medicines sold by Mr. Ashby at No. 8 High street, are working perfect miracles in the cure of even long standing cases of disease. The last number of the Mercury contains certificates from several respectable citizens of Bridgetown, of the benefits derived from their use by the subscribing parties—and we can personally testify that having used a bottle of the Compound Sarsaparilla presented to us by Mr. Ashby, its effect on our health generally was such as to induce us to consider it a cheap article at double the price for which it is sold by the Agent for the Company.

To William Ashby, Esq., Agent to the Graefenberg Company.

Dear Sir:—For some time past, I have been very much troubled with my eyes; having a film, commenced on each; at times with a deal of inflammation in them and very painful to me—by the recommendation of Mr. Wilson, I was urged to try the Graefenberg Eye Lotion; I purchased one bottle, from which I experienced such relief as to induce me to buy another; I have not yet finished that, and the inflammation is entirely subsided; the film almost off, and I am now able to thread the finest needle without the smallest difficulty.—I send you this for the benefit of those under similar circumstances. I send you per bearer twenty-five cents, which send me in a box of Graefenberg Vegetable Pills.

20th June, 1849.

ELIZABETH JANE BARROW.

I, John Pierce, near Xenia, Greene Co., Ohio, declare that after having suffered from sickness for four years, during which time I had the advice of two medical men, and tried almost every kind of Patent Medicine that was recommended me, without receiving any benefit; was finally in the early part of last spring suffering with a severe diarrhoea, which nothing could stop. While in this condition, a friend recommended me to try a box of the Graefenberg Vegetable Pills; spoke very high of them &c. Notwithstanding it appeared as if nothing could help me, I thought I would try them, but without any faith, and I have to be thankful that I did so. I had taken but few of them before I found I was getting better; and before I had used up one box, I was quite recovered and have enjoyed better health since than I had done for years. My wife, in the early part of last summer, had a severe attack of rheumatism, which became so severe as to prevent her using her left arm at all. Having seen in the directions about the box of pills that they were useful in chronic diseases, I got her to take the pills; and to her pleasing surprise, they relieved her entirely of that miserable complaint. I therefore feel it a duty I owe to my neighbors and the public at large to make this statement, which I do seriously, and am willing to be qualified to the truth of it. That there is not in existence for the diseases it professes to cure, a better or more valuable medicine than the "Graefenberg Vegetable Pills." I do not write this for the purpose of puffing, or to do good to any other person than the poor and afflicted. Indeed I have purchased several boxes for the sole purpose of giving them away.

(Signed,)

JOHN PIERCE.

Extract from a letter to P. C. Ingersoll, Elmira, N. Y.

I feel it a duty incumbent on me to communicate to you and to all who may be interested in possessing and enjoying the greatest blessing, good health, the knowledge I have of the wonderful efficacy possessed by the Graefenberg Vegetable Pills and Green Mountain Ointment. I can but poorly express the satisfaction I feel for the effectual and almost miraculous manner in which a great many people about me, as well as my own family, have been relieved from many distressing diseases, both externally and internally. My wife has been afflicted for many years with frequent and most severe turns of the sick head-ache, and though she has taken a great many medicines she has never

been relieved from the attacks until she commenced using the Graefenberg Pills about five months ago, since which time she has not had a single attack. One woman had the milk leg this spring, and been doctoring several weeks without getting relief; I let her have some of the Ointment and a box of Pills; she used them, and was helped almost immediately. She got medicine the second time, and says she is nearly well. There are many families using the Pills now for the various ailments amongst them, and they say they are far the best medicine they have ever used. I will get you certificates as soon as possible. (Signed.)

Erin, Chemung County, N. Y. June 29, 1848.

JOSEPH ROBERTS.

H. Pickering, of Willardsburg, Tioga Co. Pa. May 28th, 1847, to P. C. Ingersoll.

When you first saw my family last winter, you saw them in a distressed situation. My wife has been afflicted with the Salt Rheum for 34 years, and frequently her joints have been so stiffened that she would have no use of them; and our children were in a sore condition from this scrofulous humour; and then followed the measles, which placed us in a miserable condition indeed. But the Pills and Ointment which you left us from the Graefenberg Company, have saved us much suffering, and much expense for Doctor's bills. We have used no other medicines during the last three months, and the diseases and their sad marks have disappeared one after another from amongst us almost like magic. I cannot tell which has had the most effect in exterminating that scourge the Salt Rheum, the Pills or the Ointment; but both together have done it. These Pills, as a medicine for the measles, to free the system from the taint which they afterwards leave, are incomparable.

Certificate from Bracken Co., Kentucky, by A. Gray.

We, the undersigned, citizens of Bracken County, Kentucky, certify that for many years we have frequently used in our families various kinds of Pills, some of which have been prescribed by our family physicians; and some others called "patent medicines," we have purchased from druggists and merchants who had them for sale. Some of these varieties have proved beneficial, but we have recently used the "Graefenberg Vegetable Pill;" we have fully tested their *virtue* and *merit* by using them at different times; we have seen and heard of their remarkable efficacy both in our own and other families, and we deem them *decidedly* the most *deserving*, the *safest*, and most valuable family medicine ever offered to the public, and we recommend them to all who need medicine, and who have not tried them.

March 15th, 1847.

B. B. ANDERSON,  
RAULIN ANDERSON,  
ELIAS THOMAS,

WILLIAM ELY,  
JOHN HEAVERIN,  
GEORGE McMISLER.

I, James Houston, Justice of the Peace for Bracken Co., Kentucky, hereby certify, that the subscribers to the foregoing certificate are citizens of my vicinity, in Bracken County Kentucky, and I know them to be persons of strict veracity and good repute, and am sure they would not lend their names as above, but with utmost confidence in the medicine. Having used the "Graefenberg Vegetable Pills" in my family, I cheerfully add my testimony in their favor.

Given under my hand and seal, this 15th day of March, 1847.

State of Kentucky, }  
Bracken Co. }

JAMES HOUSTON, J. P.

I, John Payne, Clerk of the Court for the County aforesaid, do certify that James Houston, whose signature is affixed to the foregoing certificate, was, at the date of the same, an acting Justice of the Peace in and for said county, duly commissioned and sworn, and to all whose official acts, as such, full faith and credit is and ought to be given, as well in courts of record as thereout.

Given under my hand, this 15th day of March, 1847.

JOHN PAYNE.

Fairfield, Iowa, from T. D. Gardner, January 28th, 1847.

I am happy to state the fact that I am now quite well, and that only by the use of the Graefenberg Pills. I have been laboring under Dyspepsia for some *eight* years.

Dodgeville, Wis., from the Rev. DAVID JONES, Feb. 26th, 1847.

Your very interesting periodical has come to hand, and I, immediately after reading the most of its contents, circulated it among my friends, and we all rejoice that Nature has not been given up forever; and may God prosper you in your great and philanthropic undertaking

Davis' Mills, P. O., Barnwell District, S. C., July 10th, 1847.

Gentlemen:—I here communicate to you a case that came under my care in Sept. 1846, having obtained leave of the gentleman to publish the same.

MR. MACK LIVINGSTON, of Orangeburg District: The gentleman alluded to is about forty years of age; had been a very active man, though for some years had shown symptoms twice a year of erysipelas. About May, 1846, he was violently attacked with excruciating pain, so as to produce the greatest suffering that human nature was capable of bearing. Dr. — was called in, but his sufferings continued. Dr. — was called in, but no abatement of suffering. In September, I found him what might be called a living skeleton. As evening approached his shrieks were lamentable indeed. His tongue and teeth were black, and his eyes sunk. He was often unable to get ten minutes rest throughout the night; with all the symptoms of the most desperate maniac.

My first object was to get the history of his case, and ascertain the seat of so much suffering. In my examination, I found the anus scirrhus and hard. All around the anus there were many teats (or polypus) from one to two inches in length. Several of these teats also extended from the rectum, longer and of larger size. On examining up the rectum, I found it scirrhus for three inches. In passing the finger, it seemed like passing the finger over the scales of a fish, partially turned up. About three inches of the lower part of the backbone carious, and the extreme lower part gone. I provided an instrument to convey the vapor of acetate of iron to the anus. I kept him on the Graefenberg Pills for three months; throwing up the rectum the Green Mountain Ointment, combined with molasses. The cariousness of the bone was stopped; the suffering gradually gave way; the mind was restored: the anus became healthy; the rectum became smooth and elastic. I discharged him a few weeks ago, restored to his right mind, to his family, and to his business. With the exception of the vapor alluded to, the principal means used were the Graefenberg Pills and Green Mountain Ointment. This case did not occur in a corner, but was known to the community, where many attended during the affliction.

(Signed)

N. M. DAVIS.

From a Merchant of this city.

MR. EDWARD BARTON, Secretary of the Graefenberg Company.

Sir:—You will please give the bearer three bottles of your Dysentery Syrup. It is ten days since I got the first three: I thought very soon that it was doing good, as the discharges were less virulent and the soreness less cutting, but it was not till within three days that I felt certain of a cure. Now I can go twenty-four hours and discharge no blood. For seven months my discharges have ranged from two to ten times in the twenty-four hours, and almost always attended with small parcels of blood. You will recollect that I had gone the rounds of Hydropathy, Homœopathy, Allopathy, and Quackopathy, without lasting benefit.

HENRY W. BARSTOW, 98 Pine-street.

New-York City, Dec. 9, 1848.

New-York, June 4th, 1849

E. BARTON, Secretary.

Dear Sir:—I feel it my duty to state a most perfect cure of Cholera, in my own case, on Sunday last. I reside at No. 2 Snow Hill, Court street, Boston, and arrived at the Clinton Hotel, in this city, on Sunday morning. I was in my usual good health until about ten o'clock, when I was suddenly and most severely attacked with all the symptoms of Asiatic Cholera; my discharges were often, profuse, and painful, and attended with cramps, spasms, and pains. By accident I was led to take your Dysentery Syrup, and, strange to say, the relief was immediate and certain; in three hours I was able to be walking about, and am now well except the weakness occasioned by the attack. I most cheerfully recommend this medicine to all who may be similarly seized, and which, under Providence, I consider saved my life.

DAVID PITMAN.

Sworn to before me this 4th day of June, 1849.

SILAS C. HERRING, Alderman 9th Ward. }

Utica, New-York, September 7, 1848.

The Dysentery Syrup has proved itself all we could wish. Dr. Scott, an English physician of high standing in this city, said this morning that the Graefenberg Company left very little for the regular physicians to do with the Dysentery, as they cured all the cases; all which is very true, for they are calling at my office every day to tell their experience. Dr. Pomeroy says it is truly wonderful. He mentions one case where the patient was in a dying condition, extremities cold above the knees, and the Syrup saved her. He called to see the case, for his own satisfaction.

Yours, &c.

J. M. STOCKING

From T. R. De Forrest. M. D., Alderman of the 1st Ward, N. Y.

E. BARTON, Secretary.

New York City, March 26, 1849

Dear Sir:—I have several times, during the past year, had the opportunity of witnessing the effect of the Graefenberg Syrup in Dysentery, especially in cases of a severe form, and have no hesitation in saying that it is admirably adapted for the cure of that disease.

Respectfully yours,

THEO. R. DE FORREST.

Utica, Oneida County, N. Y., October 30, 1849.

This is to certify that my daughter, aged 14 years, was attacked with a severe Dysentery. The disease continued unabated five or six days, notwithstanding the most efficient course of treatment was pursued. She was not expected to live through the night. A friend at this critical moment sent me a bottle of the "Graefenberg Dysentery Syrup." I commenced giving it according to directions, and from the first dose she began to mend, and under its use in a few days, she was restored to health. I have the most perfect confidence in this medicine for any case of Dysentery, and would recommend its use to those similarly afflicted.

(Signed)

ISAAC THOMAS.

Shippen, McKean County, Pa., November 2, 1849.

To P. C. INGERSOLL, Esq.

Sir:—I was attacked about the middle of last month very severely with a malignant Dysentery, with which I was in extreme agony, passing from my bowels at quite short intervals large quantities of blood, which having continued two or three days, I sent for a physician, and also sent to a neighbor for some medicine where my physician had been before in like cases. I was then advised to try the Graefenberg Dysentery Syrup, and had some sent me. I took it according to directions; and had not taken the first portion ten minutes, before I was very much relieved from pain, which soon abated entirely; the medicine checking the discharge of blood, producing natural evacuations, and rendering me valuable service, by a safe, speedy, and permanent cure.

(Signed)

ELIHU HOUSLER.

The above statement, so far as my knowledge extends, is perfectly correct.

B. F. CARY, Physician and Surgeon.

Spencer, Tioga County, N. Y., November 4th, 1849.

To W. D. CLARK, Esq.

Dear Sir:—I have for the last few months made use of the Graefenberg Pills and Dysentery Syrup, which I received of you, much to my satisfaction. In every instance where I have used the medicines in my family or amongst my neighbors, they have, so far as I can judge, accomplished all they promise.

Yours truly, C. A. FOX.

Mr. Fox is Pastor of the Baptist church in Spencer.

(Signed)

WM. D. CLARK.

Gatlin's Shoals, Tenn., June 18th, 1849.

Mr. Alexander McKenzie: Dear Sir.—I have sold nearly all the Dysentery Syrup I had. I have known it tried in several cases where there was every symptom of Cholera, and it has acted like a charm, and has stopped the Diarrhoea in every case. It is now in great demand here, and is selling fast; you will please send me one or two dozen bottles by the first packet, and you will please to pay the freight on them and charge the same to me, as the man that lived at my landing is dead, and nobody to attend to it; you will mark them, &c.

Yours, &c.,

E. C. GATLIN.

Suffolk, Va., July 19th, 1849.

EDWARD BARTON, Esq.

Your favor of 19th June came duly to hand, &c. Since the Cholera broke out here I have retailed over 50 bottles. The Cholera is abating some, and I am not selling so much at this time, and have about a dozen on hand. The other medicines I am selling more rapidly than heretofore.

The Dysentery Syrup, you may warrant; it has cured every case, and numbers when medicine from three or four of our best Physicians failed to give relief. I administered it to an old woman myself, that was very low with Cholera. She had from thirty to fifty loose discharges, during the day, for some days, with cramp and vomiting. I thought she would have died for several days; this is the principal medicine I gave her, and I attribute to this medicine her rapid recovery. She is now well, and about eighty years old.

Respectfully yours,

JOS. P. HALL.

Watertown, N. Y.—JUSTIN W. WEEKS, February 8th, 1847

The Pills have had a good effect here wherever they have been used. I have heard from nearly every box that I have sold; all have been effectual beyond expectation.

From Geo. Stoudinger, Esq., late member of the Common Council of Newark, N. J.

Newark, June 3d, 1849.

About two weeks since I was attacked with diarrhœa, attended with considerable pain, and a prostration of strength; the disease continued about a week, when I was informed of and procured a bottle of the Graefenberg Dysentery Syrup; and after taking only two doses I was completely and permanently cured. The medicine acted like a charm, and gave me almost instant relief.

GEO. STOUDINGER.

St. Charles, Kane Co., Ill., January 25, 1849.

To E. BARTON, Secretary :

Dear Sir:—Below I send you certificate of Mr. Dunham, a highly respectable man of this place, in which perfect confidence can be placed.

(Signed,)

Yours respectfully,

M. S. BURDGE, Agent.

This is to certify that I have been afflicted with bilious diarrhœa for some time. After trying several remedies recommended by physicians, but afforded no relief, and being persuaded by your Agent of this place, I procured one bottle of your Dysentery Syrup, and was perfectly cured by two doses; and recommend it to all those afflicted with dysentery and all bowel complaints.

(Signed,)

G. AUGUSTUS DUNHAM.

State of Illinois, Kane Co.

G. Augustus Dunham personally came before me, who, on oath, declared the contents of this certificate to be true.

(Signed,)

ALEXANDER H. BAIRD, J. P.

Certificate from Persia, Cattaraugus County, N. Y., September 2, 1847.

We, the undersigned and citizens of the town of Persia, Cattaraugus County, and the town of Collins, Erie County, most cheerfully certify that we and our families have used the Graefenberg Vegetable Pills, and with the most gratifying results. We believe the Pills justly merit the good qualities claimed for them by the Graefenberg Company, and would confidently recommend them to the public. Signed by

Geo. S. Hicker, Thomas J. Parker, (medical,) Abraham Sucker, (farmer,) I. P. Rollen, (farmer,) John Havens, (merchant,) Ely Page, (farmer,) Stephen Hooker, (farmer,) E. J. Goss, (drover,) G. F. Southwick, (farmer,) P. Walden, (farmer,) Wm Griffiths, (butcher,) D. Grannis, (wheelwright,) Edwin P. Daily, (builder,) H. N. Hooker, (merchant,) John Barnheart, (farmer,) E. Van Dorke, (cordwainer.)

Sworn before John B. Wilbor, Justice of the Peace.

Extract from a letter of Doctor Theodore Harding, Justice of the Peace for the town of Union, Tioga County, Pa. May 17 1847.

To P. C. INGERSOLL.

I have become fully satisfied that these Pills are preferable to any that have been in use heretofore in this country, and I shall use my utmost exertion to establish their use both for the benefit of the Company and society. The magnitude of the enterprise as planned by the Graefenberg Company, and the great benefits which will result to society—to all classes—must and will, in due time, be appreciated, and the undertaking properly patronized.

Utica, N. Y.—C. Griswold, March 10th, 1847.

I extract the following from a letter received yesterday from Dr. J. P. Kennedy, of Chittenango, who is one of the best physicians in that section of the country. His letter is dated Chittenango, March 8th, 1847.—“The Pills are fast growing into popular favor, and give general satisfaction. They are obliged to combat numerous prejudices, which have arisen in consequence of the thousand and one impositions which have been practised upon the public by the manufacturers of patent ‘cure-alls’ and their venders; but they are subduing all opposition, annihilating all competition, and daily proving the potency of their power in curing disease. They are a cathartic of great pleasantness, and an alterative of efficacy and value.

Centreville, Ia.—MYERS SEATON to A. Bigelow, January 23d, 1847.

I have been selling the Pills here since the 1st of November, and they are proving themselves a very valuable medicine; they have cured up some of the most inveterate cases of Fever and Ague that has been here this season, and in all chronic diseases they are doing wonders. I am satisfied they must become a very popular medicine, and very profitable to agents.

**Brecken Co. Ky.—A. Gray, March 9th, 1847.**

Since my return from Maysville, I have received very favorable reports from two different neighborhoods respecting the Pills and Ointment. Mr. Beecham Dory, a man of good standing, both in point of character and property, who resides in this county, about eight miles from this place, recently met with a fall which sprained his ankle most severely; with much difficulty he was taken to his house; the pain of his ankle was intense, and he expected to be confined to his room for several days. He applied a plaster of the Green Mountain Ointment, and the next day he was able to walk and attend to his business as usual, without the least pain or inconvenience from his ankle. In Mr. D.'s neighborhood the Pills are also obtaining an excellent reputation. The other case attended to, is that of Mrs. Hitch, of Ash Run, wife of Mr. George Hitch, postmaster at that place. Mrs. H.'s health has been delicate for a number of years, supposing to be laboring under an Affection of the Liver. About ten days since her indisposition was much increased; she procured a box of the Graefenberg Pills, for the express purpose of giving them a trial in her case. Her husband reports that they relieved her at once, and she pronounces the Pills to be the best medicine in her case that she has ever taken.

**Letter from Wm. P. Doyle, Southport, N. Y., to P. C. Ingersoll, May 13, 1847.**

I have used the Green Mountain Ointment and Graefenberg Pills in my family, and can speak from experience of their great efficacy as a remedy for disease, and their mildness as a medicine. My sister got scalded on both feet early in the spring, so bad that her feet and legs swelled to the knee to near twice their natural size, and her distress was very great, but the ointment you left me soon gave relief, reduced the swelling, and in two days she was able to walk about, and the whole wound was healed in an incredible short time. I have used the Pills for the spring or bilious fever, which I am ever subject to, and I can truly say that I have never used any medicine of equal merit and convenience.

**Wm. T. Carpenter (to the same) of Horseheads, Chemung County, March 1st, 1847.**

As an evidence of the great merits which the Graefenberg medicines, left here for sale, possess, I have only to state that Dr. Paine of our village, is using them in his practice now very freely, and recommends them to the people as the best Pill now before the public; and as Dr. Paine only recommends a thing according to its merits, I consider it saying as much for them, as the many cures say which they are effecting about the country for the short time since they were introduced.

**Sparta, Tenn.—J. K. FARMER, P. M., February 1st, 1847.**

The Pills are much approved of by all who have used them, and seem to be taking a stand that will give them much credit in this community. I doubt not they will succeed well; and I am so much flattered that they prove as good as recommended, that I have become willing to act as your agent myself. Those who have used the Pills, say they remove bilious matter, and seem to act on the liver. Several men of influence have used them, and are speaking highly of their effect.

**Utica, N. Y.—C. GRISWOLD, February 11th, 1847.**

I keep hearing a fine account of the benefit of the Pills; one old man, at Yorkville, says they saved his life—his arm and one side was in a great degree paralyzed, no veins to be seen on his hand and arm. The Pills have restored him, he says, and his veins now all show as when perfectly well. I have persuaded Capt. Davidson to take them for a determination of the blood to the head; they have relieved him much he has felt no more of it.

**Vicksburg.—D. HANSBROUGH & CO., February 17th, 1847.**

We have received from you seventy gross of Pills, and have this evening ten and a half gross left only, and orders upon orders unfilled. Some of our Sub-agents are getting quite enthusiastic. One gives us an account of the cure of a case, of long standing, known to be White Swelling, by the use of the Pills and Ointment; another a case of Dyspepsia. The most remarkable however, is the case of a young man who was paralyzed from below his hips. The doctors said he must die. By accident he got hold of the Graefenberg Gazette, when he determined, live or die, to take no more medicines until the Graefenberg Pills should make their appearance. Fortunately, we sent an agency in his reach; he immediately commenced their use; in the short space of one month he was out of his room, on his crutches, which he had not left since his first attack. The Agent called to see us a few days since, and firmly believes the young man will be entirely restored. Chills and Fevers, which are quite common with us, stand no chance with the Pills at all. One perfect cure reported, of twelve months' standing, with only three days' intermission during that time.

Boonville, N. Y.—WILLIAM SIPPELL, January 25, 1847.

Another cure effected by the Graefenberg Pills (among others in this region) was the case of a child (two years old) of Luther Lovell, of Boonville, who was taken with inflammation of the bowels. After making use of various domestic medicines without effect, they called a physician, who, for twenty-four hours, tried to get an operation of medicine, but in vain. The bowels were excessively bloated; all hopes of recovery were gone. I gave him a box of your Pills, advised him, as a last resort, to make a trial of them; an hour produced an evacuation, and the child immediately recovered. Wherever I hear from them, they are doing great good. Mr. Lovell thinks them an invaluable Pill, and says he would not begrudge fifty dollars for the box he got. From my own experience, as to myself and a member of my family, they have accomplished what no other Pill could do in a bowel complaint in which I was afflicted for five weeks. After taking doses of other Pills, I was induced to try the Graefenberg Pills; after taking one each morning for four mornings, I was well.

Utica, N. Y.—JOHN GILOGLY, April 6th, 1847.

I certify that, in the month of August last, whilst residing in the State of Michigan, my wife and child (a daughter of about three years old) were both taken with the ague and fever, most generally having a chill, followed by fever, every day. It continued until the 30th of March (during which time I had removed them to Utica). Various methods were resorted to, and physicians employed to effect a cure, to no purpose. My wife had it so badly that her extremities had become numbed, and it was with difficulty she could get about the house; and the child was so bad that we began to fear we should lose it. On Tuesday, the 30th March, we obtained some of the "Graefenberg Vegetable Pills." My wife took three Pills on going to bed, and the child took one; in the morning, each took one Pill before breakfast, and both passed the day without a chill. The next night my wife took three, and the child, two Pills, and one in the morning, and repeated the same the third night, and neither of them has had a return of the chill or fever since, and my wife's limbs are restored to their usual activity and use.

Certificate of C. S. LOVELL, Lieut. 2d Infantry U. S. A.—Utica, April 23d, 1847.

I hereby certify that the above named John Gilogly is at the present time attached to Recruiting Party at this place under my command, and that his statement is entitled to entire confidence.

Certificate addressed to C. C. Moore, dated Plattsburgh, 20th August, 1847.

Having had occasion to use Pills, we made use of the celebrated "Graefenberg Pills," and can say truly that they are a most excellent Pill, and we most cheerfully add our testimonial of their worth.

T. H. MITCHELL,  
S. H. KNAPER,

(Signed)  
B. T. WOODRUFF.  
ANTHONY MOSS,

C. C. KNAPER.

Extract from a letter of Messrs. Stacy and Tozer, Springfield, Bradford Co., Pa.

We have taken some pains in getting the people to read the papers and try the Pills, and they have tried them until they are satisfied that they are an excellent article.

Mr. P. C. INGERSOLL.

Mansfield, Tioga Co. Nov. 4, 1848.

Sir:—I am highly pleased with the Graefenberg medicines. I have warranted all the different kinds, which I have had an opportunity to sell, and they have given universal satisfaction. The Eye Lotion has done wonders. It cured my son's eye in three days that was badly hurt, so much so, that it was supposed an operation would be necessary, as the remedies that were used had no good effect. I therefore came to the conclusion, though without faith, to try this remedy, and to my utter astonishment, in twelve hours I saw a favorable change, and on the third day the eye was perfectly cured, since which time I have recommended it in every case of sore or weak eyes, and it has not failed to cure in every case when used.

I would say to all those afflicted with weak or sore eyes, to procure at once a box or two of the Graefenberg Pills, to cleanse the stomach, and make a thorough application of the Lotion, and they will be relieved forthwith. This treatment will make their eyes strong and clear; and no better blessing can accompany old age and gray hairs, than good eyes without glasses. I have worn glasses for years, I first put them on before I was eighteen, I used them for weak eyes, occasioned by disorder of the stomach and blood, I came to the conclusion, lastly, to purify the stomach and blood. This I have done and since I have had the opportunity of using the Graefenberg Eye Lotion, I have dispensed with glasses, and now in my old age, am blessed with good eyes. Please keep me well supplied with the Graefenberg Medicines, and soon I will have the patronage of all the afflicted.

Yours very truly,

B. M. BAILEY

From Dr. WM P. IDE, who has been a practicing Physician for more than twenty years.  
Beaverdam, Chemung County, N. Y. Sept. 2nd, 1848.

MR. P. C. INGBERSOLL, General Agent of the Graefenberg Company.

Dear Sir: I herewith communicate to you a statement in relation to the benefits which my wife has derived from the use of the justly celebrated Graefenberg Medicines, during the year past. I have practised medicine many years under the rules of the profession, and have not been in the habit of saying much in favor of Patent Medicines, much less, using them; but last March my wife was taken down with an affection of the kidneys, I tried what skill I was master of, with the advice of the best physicians in the county, but she continued to get worse, unable to sit up long enough to have her bed made. Thus matters went on until she expressed a desire to use the Graefenberg Pills. I obtained a box and gave them as her case required, and to my great surprise she began to improve, to grow stronger and better, could soon sit up in bed, appetite some better—when as she was looking over the *Western World* one day, a notice of the Graefenberg Sarsaparilla attracted her attention, and she wished me to procure her a bottle of that, which I did; and from the time she commenced using this her health mended rapidly; her strength and appetite has so far recovered that she can eat quite hearty, and walk and ride out almost daily. Therefore I must say that the Graefenberg Medicines have medicinal properties, which, in my estimation, entitle them, not only to the regard of the people generally, but to that of the medical professions also.

Harrison, Tenn., May 22d, 1849.

Dear Sir:—The medicines are taking very finely with the people as they become acquainted with them. The Sarsaparilla especially has done wonders in a few cases of liver and lung complaints of long standing—one case in particular, that of Judge Gardenhire, who has been confined to his house and home for near two years with an internal disease so bad that he was even afraid to walk out of sight for fear he would drop dead—tried many physicians and medicines but to no purpose, at length he purchased a bottle of the Graefenberg Sarsaparilla of me which gave him such relief that he has since bought two more and with the using the three bottles of Sarsaparilla and three boxes of the Vegetable Pills, he is now well and stout, and attending to his business as hearty and well as he ever was, and it would do you good to hear him express himself in vindication of the medicines, and this he does every where he goes. I have several others under treatment who are fast recovering.

Yours, &c.

SAMUEL A. MCKENZIE.

E. BARTON, Esq.

Red Creek, Tenn., June 20th 1849.

Your Fever and Ague Pills have proved all that they were recommended, and have not failed in some five cases where I have sold, to effect a cure, and have given general satisfaction, as well as your Health Bitters, which by the way are all sold, both of which I think are well adapted to this section of country. Your Pile Ointment is a prime article and sure cure, so said by two who have used it.

Respectfully yours,

SAMUEL T. BURRELL.

From James Crocker, Esq., Master in Chancery, Buffalo, New-York.

Buffalo, Erie Co., New-York, March 12, 1849.

Dear Sir:—Believing that I have been greatly relieved, if not cured, of the Piles, by the use of the Pile ointment you recommended and furnished me when in New-York, I am inclined to recommend it to some of my friends who have not been affected by the disease for so long a period as myself. I thought I might take a dozen bottles, which you might send by Wells and Co.'s Express, and I will return the price by them.

Your obedient servant,

JAMES CROCKER.

New-York, August 1st, 1842.

EDWARD BARTON, Esq. Secretary of the Graefenberg Company.

Dear Sir:—Having had occasion to test some of the medicines prepared by your Company, and which fulfilled all that was promised by you. I was induced to try "Libby's Pile Ointment," for a very severe case of Piles, with which a member of my family was severely afflicted. I beg to say that on the fourth day after the first application a permanent cure was effected. From the concurrent testimony of many gentlemen, together with what has come under my own immediate knowledge, I am fully authorized, and take great pleasure in recommending this valuable medicine to the confidence and patronage of my friends and the public, I am yours with respect,

ALFRED W. TAYLOR,  
(Late) Capt. U. S. Army.



Extracts from a letter from N. H. RAPPELYE, travelling in Ala. Dated May 5, 1849.

"If I had a large supply of Dysentery Syrup and Children's Panacea, it would have been immensely to my advantage, as these diseases have prevailed to a great extent and are still raging."

"During the rainy weather I was delayed at a plantation and cured the overseer, who had had chills and fever for two years, and had taken five bottles of quinine. I gave him the Health Bitters and some Pills, with directions to use them occasionally, to prevent a return. If they do not return he says he can help me sell \$2000 worth of the medicines in his neighborhood. An intelligent physician with whom I conversed, said the medicines were good, and that my sales must be immense."

MR. EDWARD BARTON, Secretary.

Jerusalem, Va., May 18th, 1849.

Dear Sir: I find that your medicines begin to sell very well. All that have been tried have proved very successful, and I have been selling different kinds of Medicine for the last seventeen years and I have sold more of the Graefenberg Medicine than all the Patent Medicines I have ever had.

Yours with respect,

JESSE S. BARHAM, Sub agent.

I, AARON HACKLEY, RECORDER OF THE CITY OF UTICA, IN THE STATE OF NEW YORK, do hereby certify, that on the 11th day of July, 1848, I did carefully examine and receive the statement of two of the ladies of Utica who had used the medicine called and known by the name of "Marshall's Uterine Catholicon," the first of whom stated as follows, viz:—

I am unmarried, and my health has been bad for the last seven or eight years, arising mostly from dyspepsia, until the last fifteen months, at the commencement of which time I became seriously affected with Leuchorrhœa or Whites; this disease immediately succeeded the Dyspepsia. I was very much bloated in the face and bowels, and as the Leuchorrhœa gradually increased in virulence and the discharge became constant, I was greatly reduced and debilitated. I suffered from loss of appetite, nervous affections, disturbed sleep, and great weakness in the back. After being under the care of the most eminent physicians for about nine months, and being blistered on the back and sides for a supposed disease of the spine, without essential relief, I was induced about six months since, to try the "Catholicon." The effect of this medicine has been gradual and certain, inasmuch that I have of late had no discharge whatever, and my health and strength are restored. I attribute my cure entirely to it, having taken no other medicine since it was first administered. I was unable to attend church at all, but I now attend all day, and am now able to perform household labor as formerly.

The other stated as follows, viz: I am married and have children; I have taken the medicine called "Marshall's Uterine Catholicon." I had been laboring under the disease called Leuchorrhœa, or Whites, for two years, which still continued unabated, and by turns very severe. It was accompanied by the falling down of the womb. Since I took this medicine, the Leuchorrhœa has not returned. It has operated as a charm in restoring me to health, from a weak and nervous state, so as to enable me to discharge the laborious duties of a mother in household affairs, which devolve solely upon me.

And I further certify, that both of the above named persons are ladies of the highest and most unexceptionable character.

And I also certify that a lady of this city accustomed to the care of the sick and skilled in the use and administration of medicines, has, on examination, stated before me in relation to the first of the above cures, as follows, viz: The opinions of the physicians was that her disease was a Prolapsus Uteri, or Falling of the Womb; the symptoms of which were frequent, painful, and sometimes involuntary discharges of scalding urine, producing chills and spasms. She was confined for months to her bed. She commenced taking "Marshall's Uterine Catholicon;" in about three weeks she began to improve, and in about two months was able to attend church all day, and has for the last three or four months been in perfect health. All other medicine and medical attendance were dispensed with from the time she commenced with the Catholicon.

And in relation to the second of the above cases, she stated as follows, viz: I was well acquainted with her case. It was a marked case of the falling of the womb. She was confined most of her time to her bed and lounge for many months, and had no other settled complaint. The use of the "Catholicon," has restored her to perfect health. She has used no other medicine, and had no attendance or advice of physicians since she commenced the use of the "Catholicon."

AARON HACKLEY, Recorder.

Dated Utica, July 28th, 1848.

From Hale and Chapman, of Milwaukee.—Orders are pouring in upon us for the Catholicon from all quarters. We cannot supply the demand. Send us six dozen by Express.

ONEIDA COUNTY, CITY OF UTICA.—I hereby certify; that on the first day of November, 1848, a married lady of the town of Schuyler, in the county of Herkimer, known to me to be of good moral character, came before me, and on examination, made the statement set forth in the following certificate, viz :

"This may certify that I have been a married woman about sixteen years, and that, during a greater portion of the time, have been unable to perform the appropriate duties of housekeeping, and much of that time even to be out of my bed and about the house. My disability has wholly arisen from falling of the womb, and from the consequences which invariably follow that loathsome disease. Many skilful physicians have, during that period, been employed, but all to no effect. They have uniformly agreed as to the character of my complaint, and of its incurable nature. In addition to the remedies used by physicians, I have resorted to many kinds of patent medicines for relief, but to no effect. My complaints have been growing worse and worse for years, and I had nothing to expect but to be soon confined to my bed. I had lost all confidence in all means. At this period I met with a lady who informed me of the cure of two of her acquaintances much worse than myself, of the same complaint, by a medicine called the Uterine Catholicon. This remedy she highly recommended for me. Though I had no confidence in any means as a cure, still I was induced to try it. I had taken but few doses before I felt it was going to do me good and from the first day I have been rapidly improving under its use, until I can safely and honestly say that I am a well woman; so far restored at any rate, that I can without difficulty perform all the duties devolving on a housekeeper. I can truly say that I have not enjoyed my health as well in twenty years, as at this time. My spirits are better, my appetite and sleep good, and I am becoming more fleshy, and in short I seem to have nothing the matter with me. No other means have been used but the Uterine Catholicon, and not more than one quart of that during six months. I have such confidence in this medicine, for all Uterine complaints, and all their attendant symptoms, that I cannot refrain from advising every such unfortunate female to resort to its use."

There are many cases in which it has been used, I am informed, in this region, and every one with the same happy result.

Dated November 2d, 1848.

AARON HACKLEY, Recorder.

Certificate of Mrs. McPherson, aged 26, married two years; one child eight months old.

This may certify that I have been six years severely afflicted with a train of the most afflicting complaints, arising from falling of the womb, pain in the back and kidneys, &c.; loss of appetite and sleep, and loss of flesh and spirits. These have been my symptoms for years, so that I have been unable, much of the time, to be out of bed. Under these circumstances I was advised to take "Marshall's Uterine Catholicon," which has cured, as I am informed, several cases much worse than my own. At any rate it has cured me and restored me to perfect health, and nothing else has ever done me any good of all the medicines I have ever taken. These are the facts in my case and I feel under obligations to make them known to all the afflicted.

(Signed,)

ELIZABETH MCPHERSON.

Utica, 4th November, 1848.

Sir :—Some two months ago you sent me a medicine by my son, called "Marshall's Uterine Catholicon," prepared by the Graefenberg Company of New York, which you thought might help me, you knowing that I had been an old sufferer, and that I had got no relief from physicians, and other medicines. My complaints have been on me for fifteen years, and were something like these : Falling of the Womb; profuse discharges of matter from the same; no power to retain the water; bearing down pains in the back and hips, and scalding of the water. In short, I was so loathsome to myself and every body about me that I was not fit to be about. I can express but a small part of the reality respecting my situation. For many years I have been in this situation and had despaired of any relief till I took the Uterine Catholicon. I was unable to sit up half the time before I took it. Now I can sit up all day, and walk all over the city, and do my work, and even think of hiring a house to keep boarders. Nothing else has ever helped me but this medicine. It is the most valuable of all remedies to the female portion of the community. I am fifty-seven years of age. All the good health I may enjoy during the remaining short period of my life, I must ascribe to this remedy, which has cured me, and for which I am thankful to the author of it, for I am well and it is this that has cured me. I shall speak of it to every female in the most exalted terms, and advise it in all cases of this nature.

Yours, &c.,

Utica, March, 1849.

ELIZABETH CAMP.

From a most respectable Physician.—I have used the Catholicon in over twenty cases, and have failed to make a complete cure in two cases only.

## MRS. CONLIN'S CERTIFICATE.

For the last seventeen years I have been seriously afflicted with Leucorrhœa and Prolapsus Uteri, bearing down, pain in the back, scalding of the water, and heat to such a degree as to produce spasms. My age is 45. For the last fifteen years I have been unable to labor or attend to any business about my house, and much of the time even to walk. The sufferings I have endured I cannot express. After employing physicians, and many kind of remedies, to no advantage, I was induced to try the Uterine Catholicon, about eight months ago. In about three months, by faithful use of it according to directions, I am entirely restored to health and soundness, so that I can now easily perform all the duties of house-keeping with ease and pleasure to myself. This most extraordinary remedy I feel desirous should be made known to all suffering under the same complaints. I cannot be thankful enough that I was induced to use this remedy, and that I have been so fully restored by its use; for this is all the medicine I have taken and my cure can be ascribed to nothing else, and I am now a well woman, as I believe, from the effects of this remedy.

February, 1849.

M. CONLIN.

I am forty-eight years of age, and married twenty-four years, and have been thirty years subject to Leucorrhœa and twenty years to Prolapsus Uteri; been more or less of that time under the care of physicians of skill and experience, and in no way, as regards these complaints, benefitted by them. Have in addition taken many kinds of cures, so reported, and to no advantage, and expended hundreds of dollars in efforts to get relief; but all to no effect. Have been confined to my bed about half the time for sixteen years, and as much as two-thirds of that time unable to perform much labor of any kind. Have been six months confined in lunatic asylums for insanity, arising, in my opinion, wholly from the effects of the above-named complaints on my head. The Prolapsus, both of the womb and bowels, in my case, was painful and distressing; almost beyond endurance. The bearing down, pain in the back, and scalding of the water, were at times so severe that I seemed like a burning furnace. About six months since I began to take the Uterine Catholicon, and am now on my third bottle. My improvement has been gradual and uniform, till I am now so far restored to health and soundness that I call myself well; can sleep well and free from pain; gained my flesh and spirits; can walk a mile and back; do any reasonable amount of labor with but little inconvenience. I know of no other agent in my restoration to health but the Uterine Catholicon; and to that alone I ascribe the result. I had despaired for many years past of enjoying any comfortable degree of health. My confidence is so great in the efficacy of this remedy, that I can with the utmost confidence recommend it to every unfortunate female like myself with a strong belief that a cure will be effected by its use. A cure must not be expected immediately: from two to five bottles should be used if a cure is not produced before, and the use of it not abandoned short of this quantity.

Utica, 27th March, 1849.

The certificate of the above lady is on file at the office of the Company.

## TO THE PUBLIC.

The Graefenberg Company of the City of New-York have recently issued a remedy for the cure of certain female complaints, which have set at defiance the united skill and learning of the medical profession to this day.

This remedy is called "Marshall's Uterine Catholicon," and the diseases to be removed by it are Prolapsus Uteri, or falling of the womb—Loucorrœa, or Whites—and numerous other complaints which uniformly accompany these.

It is not more than a year since the Catholicon was first used for these complaints, and is in its infancy of course. For this reason, as it would be premature to say anything more in its favor than facts will justify, the writer would only speak of what has come under his own observation. In this region it has been given to about twelve, and most of those of the worst form of the disease. The cure has been perfect in ten of the cases, and the other two have not yet had sufficient time to test its efficacy. The writer has been in extensive practice for more than thirty years, and is not ignorant of the mortification and disappointment to which medical men are subjected in being unable to cure this disease. On this account, he feels honestly in duty bound to contribute as much as possible, to the relief of this suffering class of females. Under these considerations, then, the writer would earnestly advise a trial of its efficacy to all such as are afflicted with this hitherto incurable disease. If the foregoing statements should be deemed worthy the notice of the faculty, humanity, as well as self-interest, would indicate a trial of its merits. From one to five bottles, according to the length of time it has existed, and the severity of the symptoms, will be amply sufficient in most if not in all cases. Because this may be called a specific should be no reason, if it has merits, why it should be dis-

carded by the profession. When once removed the complaints seems not disposed to return; but should it, keep a bottle on hand and take accordingly.

November 27th, 1848.

A PHYSICIAN.

The name of the Physician is at the service of any one who will call at the office of the Company.

A Bigelow, of Cincinnati, Dec. 16th 1848, says: "We are now trying the Uterine Catholicon. We have had a case of Suppression of the Menses of some four or five months, attended with the usual difficulties: they were produced on the fourth day, and the patient is now rejoicing in good health.

Utica, Oneida Co., N. Y., February 2d, 1849.

To MR. E. BARTON,

Dear Sir:—I am nearly out of Catholicon, and wish you to send about four dozen immediately. I now receive small orders from every direction. Considerable has been purchased by the country physicians. I have yet to learn of one failure to cure. It is truly an extraordinary medicine. If I ever get time I will send you some extracts from letters received from agents.

Respectfully yours.

J. M. STOCKING.

From the President of the Board of Assistant Aldermen of the City of New-York.  
E. BARTON, Esq., Secretary of the Graefenberg Company.

Dear Sir:—The remarkable effects of your invaluable preparation, called "Uterine Catholicon," in the case of my wife, induce me to tender you this statement. My wife for a long period had been afflicted with and suffered complete prostration from that complaint which is the curse of many women, "Falling of the Womb," and after many ineffectual trials of other remedies, and the prescriptions of physicians, she finally, and almost hopelessly, had recourse to the Catholicon. She experienced immediate benefit from its use and by taking one bottle was completely relieved of the special difficulty, and regained her health and strength. She now considers herself nearly cured. I cheerfully recommend the Catholicon to others suffering under the same distressing complaint.

New-York, April 23d, 1849.

Yours, &c.,

WILSON SMALL.

THE END.

# PUBLIC OPINION

## OF THE

### GRAEFENBERG MANUAL OF HEALTH.

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*From the N. Y. Times, September 12.*

WE have received a copy of the Graefenberg Manual of Health, published by the celebrated Graefenberg Company, No. 50 Broadway. This is a complete and thorough treatise on the nature and treatment of the various diseases incident to the human frame; and we add one more to the many testimonials which this work has elicited to its worth.

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*From the N. Y. Sunday Atlas, September 16.*

THE GRAEFENBERG MANUAL OF HEALTH.—A volume of three hundred pages with this title, embracing many valuable facts in physical science, and much information, useful to everybody, has just been published by the Graefenberg Company, 50 Broadway. It is a valuable work, and deserves a more extended notice than we have room for.

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*From the Albany Morning Express, September 15.*

THE Graefenberg Manual of Health is a volume of nearly 300 pages, published by the Graefenberg Company, of New York, and sold by Peter Cooke in this city. This Company, which has been remarkably successful, has originated a new system of healing diseases—combining, as is alledged, the virtues, and rejecting the vices, of the other systems. We have examined the work carefully, and it appears to us a very valuable compilation. It contains directions for the treatment of nearly every disease that “flesh is heir to,” which physicians of every class will admit to be correct. The Graefenberg Company do not appear to approve of calomel or blood-letting. Emetics and the Vegetable Pill seem to be their favorite remedies. In this age of change and improvement, when Allopathy, Homœopathy, Hydropathy, and Chrono-Thermalism have each so many advocates, it would be strange if a system combined from them all, should prove to be inefficient in curing diseases and mitigating suffering.

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*From the N. Y. Sunday Mercury, September 9.*

THE GRAEFENBERG MANUAL OF HEALTH is a valuable publication—valuable alike to the person in the enjoyment of health, and to the invalid. The Graefenberg Company has done good service to the community in giving it so valuable a work.

## PUBLIC OPINION.

*From the N. Y. Daily Tribune, October 16.*

THE GRAEFENBERG MANUAL OF HEALTH is a handsome volume of 300 pages, got up with much care, and containing a great variety of medical information. It is, no doubt, intended to sell the medicines of the Company whose name it bears, but its disquisitions are not confined to that object.

*From the N. Y. Era, September, 23.*

THE GRAEFENBERG MANUAL OF HEALTH.—This is a work got up in beautiful style by the celebrated Graefenberg Company, 50 Broadway. It treats in a successful and scientific manner on every disease to which humanity is liable, its diagnostics, its various phases, and its treatment. Besides a most instructive disquisition on the origin of disease, and the method of life most conducive to general health, the book contains recipes for every complaint, which the afflicted can procure for themselves. To parents, guardians, and those who have the care of youth, we should say the book must be invaluable.

*From the Phila. City Item, October 20.*

THE GRAEFENBERG MANUAL OF HEALTH.—We have taken occasion to examine this work with some care, and find it to be a book eminently calculated to serve the community generally. It contains a vast amount of valuable information, the result of the combined experience of some of our most celebrated physicians, and presents a very judicious arrangement.

*From the New-York Sun, October 19.*

THE GRAEFENBERG MANUAL OF HEALTH has been sent us by the publishers, 50 Broadway. We have read it carefully and with interest, but our space only permits us to recommend it as an invaluable book for every family; a sort of complete Family Physician.

*From the Norwalk Gazette, Conn., September 25.*

THE GRAEFENBERG MANUAL OF HEALTH is the title of an excellent and useful work, published by this Company, at 50 Broadway, New-York. A vast amount of useful matter is here thrown together in a concise and interesting style, comprehending a successful treatment of the various diseases of humanity, physiologically considered, with an extensive *materia medica*, Pharmacopeia, &c., useful to everybody. Price, 50 cents.

*From the Windham County Telegraph, Conn., October 4.*

THE GRAEFENBERG MANUAL OF HEALTH is the title of a new work just issued by the Graefenberg Company, 50 Broadway, New-York. We see by a hasty glance at its pages that it is well filled with interesting and instructive matter, relating to the laws of health, and the treatment of disease. We would advise the head of every family who may wish a medical work of his own, to procure this—price 50 cents.

## PUBLIC OPINION.

*From the N. Y. Daily Star, September 13.*

**THE GRAEFENBERG MANUAL OF HEALTH.**—This is a handsomely printed volume, of some 300 pages, published by the famous Graefenberg Company. It contains concise and extremely plain descriptions of all manner of diseases; their symptoms, and the most judicious mode of treating them. It must supercede, as a "family physician," most of the antiquated treatises which are now found in almost every household.

*From the N. Y. Daily Globe, September 25.*

**THE GRAEFENBERG MANUAL OF HEALTH**, has been laid upon our table. We have examined it with much interest, and find it amply repays the perusal. It contains 300 pages, and being one of the most valuable medical works of the day, should be in the hands of every family.

*From the Fishkill Standard, September 20.*

**MANUAL OF HEALTH.**—We have recently received a valuable little volume of some 300 pages, entitled "The Graefenberg Manual of Health," and which, though principally intended, probably, to bring into notice the various Patent Medicines prepared and sold by that company, we regard as a valuable, instructive, and highly useful book; being not only a history of the rise and progress of the science of medicine and pharmacy, with a comparative review of the various systems now in vogue, but a complete Family Receipt Book, for the treatment and cure of the various diseases which are prevalent in the great human family.

The merits of this company, and of its medicines, are, beyond all question, of a high order, being recommended in the highest terms by very many highly distinguished individuals. We may perhaps, give occasional extracts from this well written and instructive manual in our columns.

*Extract of a letter from the Rev. Jason Wells, Hobart, New-York.*

By the use of the Graefenberg medicines in my family for the last three years, I have become prepossessed in favour of your art of healing, and had waited with much anxiety for the appearance of your Manual of Health. I had reason to believe that it would be far in advance of ordinary medicinal works, something in keeping with the research and improvements of the day; but must acknowledge that it surpasses my most enlarged expectations. It is decidedly the best, most instructive, and concise practical medical work of the age. It is, emphatically, a medical "multum in parvo;" and I have never examined a work where so much valuable information upon disease and its cure is brought into such a small compass. Were its real merit known, I confidently believe your present edition would be exhausted in a month. There is such a wide prejudice against patent medicines, and so many trashy publications afloat upon the subject that your Manual may have to work its way into public favor, through a formidable array of difficulties, and its course retarded thereby; but its merits must and will appear, and its circulation extensive. With my best wishes for the success of your worthy enterprise, I am dear Sir, yours truly,

(Signed,)

JASON WELLS.

## PUBLIC OPINION.

*From the Scientific American, October 6.*

We have received from the Graefenberg Company, No. 50 Broadway, a copy of the "Manual of Health." It is well got up, and is filled with useful information, for family reading, in relation to the preservation and restoration to health.

*From the N. Y. Sunday Despatch, September 30.*

**THE GRAEFENBERG MANUAL OF HEALTH**; published by the Graefenberg Company, 50 Broadway.

This seems to us, from a cursory glance, to be a truly valuable book to those who are well instructed in the laws of life and health. It is a lamentable fact, that a great majority of our people are content to pin their faith to the sleeves of physicians, instead of acquiring even a limited knowledge of the laws by which they exist. This should not be so, and we are pleased to see that this book is designed to give instruction to every one, by which he may not only preserve but promote his health. The directions for the sick room strike us as being just the thing that should be commended to the attention of every family, for upon this subject there can be no two opinions among intelligent men, and the instructions here given are alone well worth the price of the book.

**Extracts from private Correspondence of the Graefenberg Comp.**

GEORGETON, S. C., October, 19, 1849.

I herewith send you a check for 100 copies of your Manual of Health, which I consider a valuable work, and think it will meet with ready sale.

WILLIAM McNULTY.

NASHVILLE, Tenn., Sep. 10, 1849.

The Manual of Health arrived last night, and I sat up the best part of the night poring over it. I anticipate as great a sale for it, as the original demand for Buchan's Domestic Medicine, which I suppose was one of the most saleable books ever published. I handed it to my friend, Dr. R. M. Porter, one of the best educated of our young physicians—his European education making him more liberal in his ideas than our older doctors. I am sure he will be pleased with it. ALEXANDER MACKENZIE.

UTICA, N. Y., October 4, 1849.

Dr. Pomeroy says—"I have examined your Manual of Health, and think it a -ry useful family book.

Port Huron, Mich., January 14, 1850.

I am pleased beyond expression with the Manual of Health. It is really an excellent work, and deserving of all praise. To people in a sparsely settled country like this, it must be invaluable.

WILLIAM G TRAVIS.









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The Graefenberg manual of  
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*Graefenberg*

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